American Indian Corn

150 Ways To Prepare and Cook It

Charles J. Murphy

American Indian Corn

(Maize)

A Cheap, Wholesome, and Nutritious Food
150 Ways to Prepare and Cook It

By

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Revised and Edited with the Addition of Many New Recipes and a Foreword by

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CHARLES J. MURPHY

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EDITOR'S FOREWORD

MILLIONS of people in America are earnestly seeking a way to "do their bit" toward winning the war. Here is a simple solution of the problem: EAT CORN BREAD! This is an initial step toward efficient food conservation.

In 1890, Congress sent a commission abroad to introduce and promote the use of Indian corn in foreign domestic economy. An "Indian Corn Kitchen" was established in Paris by the commission, which did much to popularize the grain; but adoption was slow and its use did not become general.

In 1917, Congress sent out another corn message, this time to the American people. This message urged the use of corn meal—converted into some of the palatable old-fashioned dishes—on our tables at least once a day, to release most of our wheat crop for the sustenance of the Allied armies.

It is with the purpose of transmitting this second Congressional appeal in a practical

way to American housewives that the revision of this book has been undertaken.

Visiting foreign war commissions recently announced that England, France, and Italy would need 560,000,000 bushels of grain "to meet the conditions to be met before the next harvest." Each and every household can help meet this need—a need which will exist for years—by eating corn meal instead of wheat. The Food Administrator of the United States says: "If we continue our normal rate of exportation of breadstuffs until the end of this year (1917), our Allies will be reduced to 58 per cent. of their food requirements. We must give them another 25 per cent. or the war may be lost. That means that we must send them an additional 100,000,000 bushels of wheat over our normal shipments. We must do it even if we take it off our own tables."

If a complete substitution of corn and other cereals could be made in America, it would increase our exportable surplus of wheat 150,000,000 bushels. The temperance wave now sweeping this country will mean another appreciable release of available grain.

Europe is at sea on the corn food question, and as they would not learn to use it when they had an opportunity, and as there is no

time now for national classes of instruction, it is obvious that they must have our wheat, while we must use our corn.

This is no sacrifice, though we may feel that it is one; for this valuable food has been neglected in recent years, a deplorable fact in food economy.

Modern milling has removed much of the oil from the meal and flour so that they are not a heating food, even in summer, as they were formerly considered, and nothing but good health can follow their free use.

It is said on good authority that America supplies two-thirds of the corn crop of the world, and that there are seven hundred varieties, including black, white, red, blue, and yellow, among which the dent, flint, soft maize, sweet, and pop corn are best known.

After the Boer War the African natives were spurred by business depression to raising large corn crops, which were marketed principally in England, while the South American people have been putting forth efforts to introduce their kafir corn to America, which is like carrying coals to Newcastle, for we have already enough and to spare.

Corn is America's biggest crop, and I appeal to my sister women to rise to a loyal patriotism and use it in every way available. Our repu-

tation as housewives and mothers is at stake. We are known all over the world as the most extravagant nation; are we to add to this the opprobrium of being the most selfish? We can easily spare ALL of our wheat, with the rich cornfields back of us, without feeling it a sacrifice, for the wheat will go to feed not only our foreign brothers, but your boys and mine.

Having revised the recipes originally used in this excellent work on American Indian Corn, I have also added many new ones which the housewife may use for breakfast, luncheon, and dinner dishes inclusive, and among them she will find several excellent meat substitutes.

The data on corn gathered, and herein presented by the distinguished author, will be found well worth careful perusal, and quite as valuable to-day as they were thirty years ago when first presented.

A word to the American housewife on buying corn meal may not come amiss from one who has had wide experience in its purchase and use. It is best to buy the meal in bulk, by the pound rather than in package goods, for then one may see that it is fresh and free running and not run the risk of buying a heated, webby, and bitter product, which may have already germinated the destructive wee-

vil. This is the right way to buy and sell corn meal, and if the housewife insists, it will be bought and sold in this way. If bought in small quantities, as needed, there will be no danger of these bad conditions occurring in the home pantry.

Eat corn meal, suggest it to others, and teach them how to use it, and send your share of wheat with a cheery blessing to "somewhere in Europe," is the advice of,

Yours sincerely,

JEANNETTE YOUNG NORTON.

INTRODUCTION

THOUGH much has been written on Indian corn, or maize, it has been my endeavor in this treatise to give, in concise and summary form, a complete description, with the various uses, of our great National grain. The need of a work of this kind has long been felt, and I think the present an opportune time for its publication. The American Indian Corn Exhibit has roused the interest of the people in this country to a great degree, as to the adaptability of our immense surplus of Indian corn as a means of supplying wholly, or in great part, the demand for cheap and wholesome breadstuffs.

My exhibit, the first of a series which will be given throughout the United Kingdom and Europe, is intended to dissipate and remove the ignorance and prejudice against Indian corn which now prevail. My method of attacking the citadel is as follows: To cook the food in presence of the public, serve it to them at nominal prices, distribute literature

in all languages, giving full information, price as compared with wheat, oatmeal, and other breadstuffs, mode of preparation, and cooking formulas. A few attacks of this nature will make the stronghold yield, and the captives our joyful prisoners.

To foreigners who know not of the vast extent of our corn crop, and are ignorant of its virtues as human food, this book will come as a revelation, and many Americans will, I fancy, find much herein that will be new to them respecting this prolific grain—the product of our incomparable soil and climate, and the source of so much wealth and power to the nation. But if the only result of my endeavors be to cause a quicker flow of patriotic feeling in the breasts of my countrymen, I will be amply repaid for the time and labor I have freely given, without fee or reward.

It has often been wondered that Indian corn in its many forms is so little known in the United Kingdom. Except for the feeding of animals, Scotchmen are not familiar with the great variety of wholesome, appetizing, and palatable dishes that are found on the tables of the rich and poor in every section of the United States. This is not surprising, however, as hitherto no attempt has been made to enlighten the people of these isles as to the

merits and cheapness of what might be called America's national food. The immense benefit that will result to the two countries by a removal of this ignorance will be readily apparent when it is considered that Indian corn makes a good substitute for wheat at less than one-half the price. It will be a glorious day for American farmers and the British people when, instead of burning the corn for fuel on Western prairies, this delicious food is served on the tables of all classes in these isles with saving to health and pocket. He who will hasten this day is doing missionary work of a most practical character, and it is my aim to be the humble forerunner in the beneficent undertaking.

A perusal of the following pages will show the interest and commendation my efforts have excited here and in my own country. I have to thank the Scottish press for their appreciation of the vast importance and significance of this movement, and to the prominent citizens of Edinburgh who have favored me with their indorsement, and to the people in general, I return my grateful acknowledgments.

I wish to give full and grateful credit to ex-Governor Furnas, of Nebraska; Mrs. Mary S. Scott, wife of ex-Lieutenant-Governor of

Iowa, John Scott, an old comrade of mine in the Mexican War; and Orange Judd, Esq., editor of the *Prairie Farmer*, from whose excellent works on Indian Corn I have quoted much valuable matter.

C. J. M.

Contents

	PAGE
Editor's Foreword	iii
Introduction	ix
American Indian Corn	1
Recipes for Corn Dishes Old and New	28
Hominy Dishes	37
Corn Breads and Muffins	45
Waffles, Pancakes, Fritters, and Dumplings	69
Pop-corn Dishes	73
Green Corn Cookery	76
Desserts	92
General Remarks on Indian Corn	106

American Indian Corn[1]

To endeavor to provide cheap and nutritious food for the toiling millions of Europe, is certainly a work of the highest and most practical importance.

To the traveled man it requires but little observation to see what little variety of food there is to choose from. The white bread for the rich man in Germany, Belgium, and other European countries, black bread for the peasant, man and beast sharing alike, are the two single varieties of breadstuffs used by the people on the Continent.

What has often been said of man's opportunity if taken at the flood, and surely leading to fortune, will apply with equal force and application to nations. That the United States of America can supply the demand

[1] *Lecture delivered by* CHARLES J. MURPHY *before the National Agricultural Society at the International Congress of Millers, held in Paris, August* 1889.

for cheap wholesome breadstuffs no one will deny. That the fitting opportunity has arrived at Paris to demonstrate this, you will with me agree.

This great International Exposition therefore enables us to give practical illustration of what can be done with our great staple.

In relation to the value of Indian corn as human food and for other useful purposes, if you will favor me with your attention, I shall proceed to place facts and figures before you, which may prove of interest.

ORIGIN

This wonderful product, which has conferred such substantial benefits on the world, strange to say, is of unknown origin—wrapped in mystery, or at least not definitely fixed. A learned author, after much thought and investigation, concluded with the expression: "Like that of wheat and barley, its origin is lost in the twilight of antiquity."

It was first cultivated in the United States by the English, on the James River, Virginia, in 1608, the seed of which was obtained from the Indians, who claimed to be the originators,

or first discoverers of the plant—receiving it direct from the hands of the Creator. Schoolcraft gives their mythological history of it: "A young man went out into the woods to fast, at that period of life when youth is exchanged for manhood. He built a lodge of boughs in a secluded place, and painted his face a somber hue. By day he amused himself in walking about, looking at the various shrubs and wild plants, and at night lay down in his bower, through which, being open, he could look up into the sky. He sought a gift from the Master of Life, and he hoped it would be something to benefit his race. On the third day he became too weak to leave the lodge, and as he lay gazing upwards, he saw a spirit come down in the shape of a beautiful young man, dressed in green, and having green plumes on his head, who told him to arise and wrestle with him, as this was the only way in which he could obtain his wishes. He did so, and found his strength renewed by the effort. The visit and the trial of wrestling were repeated for four days, the youth feeling at each trial that, although his bodily strength declined, a moral and supernatural energy was imparted, which promised him the final victory. On the third day his celestial visitor spoke to him; 'To-morrow,' said he, 'will be

the seventh day of your fast, and the last time I shall wrestle with you. You will triumph over me, and gain your wishes. As soon as you have thrown me down, strip off my clothes and bury me on the spot in soft fresh earth. When you have done this, leave me, but come occasionally to visit the place, to keep the weeds from growing. Once or twice cover me with fresh earth.' He then departed, but returned the next day, and, as he had predicted was thrown down. The young man punctually obeyed his instructions in every particular, and soon had the pleasure of seeing the green plumes of his sky visitor shooting up through the ground. He carefully weeded the earth, and kept it fresh and soft, and in due time was gratified by beholding the matured plant, bending with its golden fruit, and gracefully waving its green leaves and yellow tassel in the wind. He then invited his parents to the spot to behold the new plant. 'It is Mondamin,' replied his father; "it is the Spirit's grain.' They immediately prepared a feast, and invited their friends to partake of it, and thus originated Indian Corn."

Longfellow, in his beautiful verse, "Hiawatha," refers to this legend:

All around the happy village,
Stood the maize fields green and shining,
Waved the green plumes of Mondamin;
Waved his soft and sunny tresses,
Filling all the land with plenty.

Before the summer ended,
Stood the maize in all its beauty,
With its shining robes about it;
With its long soft yellow tresses;
And in rapture Hiawatha
Cried aloud—"it is Mondamin"!
Yes, the friend of man, Mondamin.

Whatever the origin of corn may have been, whether with the Indians of North America, or "on the slopes of the Andes, or in the fertile valleys of the mountains of China," modern botanists and naturalists are agreed that the origin was of the species *zea tunica*—clothed corn. That is, each kernel was enveloped in a separate tunic or husk, similar to grains of wheat in the head. Descending from this type, species, classes, and varieties have become almost innumerable, each country, climate, soil, situation, and parallel having those suited to the circumstances. No plant accepts the modifications of soil, climate, and conditions so readily and quickly as corn. No other succeeds so well from the equator to say 50° north and south latitude. None is

so easily preserved through all seasons, and for such length of time. It is called both "the poor man's crop" and "the lazy man's crop," because, particularly, it can be left standing in the field almost from one year's end to another, not requiring to be garnered at any specific period. This mode of caring for a corn crop, however, is not presented in the form of a recommendation, by any means, but simply as showing a characteristic. In any event, it is the crop for the million.

SPECIES AND VALUE

There are at least five distinct races of species of corn: dent, flint, sweet, pop, and soft. These divisions are plainly marked, and easily distinguished by inspection of either, or both, ears and kernels. The number of what may be properly termed varieties are unlimited almost, the names principally local, few only having become of general use. White dent, yellow dent, Yankee flint, calico, bloody butcher, late sugar, early sugar, red pop, white pop, squaw, Chester County, or Pennsylvania mammoth, and others that might be named, are known in almost all sections. In the collection on exhibition at New Orleans, there were seventy-five distinct varieties grown

in Nebraska. There are different types of growth under each of the principal divisions named, showing distinct characteristics, and which invariably produce ears true to their type, when kept free from others; such as pure white, pure yellow, pure red, regular mixtures, eight rowed, and other numbered rows. The Indians have, by close attention, succeeded in opening a marked corn of precise and exact mixtures of different colored grains on the same ear, each band having its peculiar mixture. For instance, one band has all red and white grains, another all pure black, and so on, with various distinctions, said to have originated as a means of detecting theft by one band from another. All may be simplified under these heads, viz.: dent, flint, etc., species; yellow, white, etc., classes; large, medium, and small types.

After all, nomenclature is of secondary importance when compared with a standard of excellence. The first prime point in an ear of corn is its nutritive substance. It should show a proper proportion of *protein*, *carbohydrates*, and *fat*. It is generally considered that the flint and sugar varieties show a higher nutritive ratio than the dents. The latter however, are in more general use commercially, and therefore regarded as the standards.

Pop corn is another distinct species of which the varieties are many; when gradually heated the oil in the kernels becomes converted into gas, which by its explosion produces the phenomenon called "popping."

Examine the inside of a grain through a microscope, first cutting the grain in the middle. May we not well call every kernel of corn a great starch box, each one with thousands of little boxes inside of a larger one. And then what a vast number! Why, a single ounce of average dent corn contains eighty good kernels, so the pound must have 1280 kernels, and a single bushel of corn (56 lbs.) will count out at least twenty thousand of these wonderful starch boxes, or kernels,—to say nothing of the innumerable interior boxes or starch cells. Who can write down figures enough to enumerate the kernels or starch boxes supplied in the 2,225,000,000 bushels of corn grown in our country (1888)? You cannot think of one million, yet the starch boxes would reach one hundred and twelve millions of millions, or one hundred and twelve trillions, 112,000,000,000 kernels, or seventy-seven thousand such starch boxes for every man, woman, and child on the whole surface of the earth.

And yet we have not said anything about the

wonderful structure and uses of the lower inside of our kernel of corn; of the *germ* that starts into growth to produce a new corn stalk; of how it is surrounded and protected; or how, as it grows, it feeds upon the starch and other food stored up in the box or kernel.

I make bold to assert the belief that among all the factors of culture in the United States, corn takes precedence in the scale of crops as best adapted to more soils, climates, and conditions; is used for more purposes; furnishes more nutritive food for man and beast; has more commercial, cultural, and economic value; gives more grain to the acre than any other cereal; more fodder than any other of the grasses; puts our beef in prime order; fattens our pork; is the basis of our butter and cheese supply; furnishes immense manufacturing material; has twice the value of cotton; worth fifty per cent. more than wheat; its influence on the prosperity and wealth of the United States is greater than that of any other cultivated plant; and to the transportation companies, has "millions in it." The belief has been expressed that had not the Pilgrim Fathers discovered this golden grain the first winter they landed on our shores, this "land of the free and home of the brave" would to-day be an "unsolved problem." But why

extend? Its uses and value are endless and incalculable.

In round numbers, the corn crop of the United States for 1885 is put down at two billions of bushels, a gain of near ten per cent. on 1884. In the corn acreage of the entire country there was a gain of six per cent. In the twelve leading corn States, seven per cent.; four per cent. in the South, and one per cent. in the New England States.

OUR MOST IMPORTANT CROP

Indian corn is held in small esteem, because it is grown so easily and so abundantly in almost all climates and locations, and on a greater variety of soils than any other leading crop. We find it flourishing on the borders of the realm where the sun unlocks the soil from the grasp of the ice king but a few days in summer—scarcely a quarter of each year. And it grows with increasing luxuriance as we descend toward the tropics. It reaches its greatest perfection in what is appropriately termed the "Corn Belt," embraced in the States of Illinois and those lying eastward and westward of this commonwealth. As food for man and beast no other crop in our country approaches corn. Pound for pound

and bushel for bushel, it supplies as much nutriment as wheat itself, though, on account of its abundance, costing considerably less than one half as much. Corn, taking a series of years together, is far more certain than wheat.

We have seen the Indians gathering their winter supplies on the upper Missouri, where the few days in which there was no frost scarcely allowed their Rhea corn to get a foot above the surface. But as it determined to do its best, it then sends out its bunches of ears and perfects the kernels.

Of the magnitude of the corn crop, very few persons have any real conception. We talk glibly of millions, and even billions, yet the human mind is little able to comprehend a single million in detail. Last year, the ascertained crop was two thousand million of bushels; and no doubt the average annual product of corn in our country will soon reach over two billion bushels, or two thousand separate millions. Yet a single million, loaded into railway cars, five hundred bushels in each, would require two thousand such cars, and make up a continuous train, eight miles long. To aid the reader's conception, I quote, a few lines, from the annual address at the Nebraska State Fair last year, by the editor

of the *Prairie Farmer*. Referring to the six-State "Corn Patch," embracing Indiana, Illinois, Iowa, Missouri, Kansas, and Nebraska, the corn product of which the previous year (1884) was 1,090,351,000 bushels, he said: "The aggregate population producing this crop was just about ten millions, or 109 bushels for every man, woman, or child, the inhabitants of both cities and villages being included. For a practical purpose, as you will see further on, I want you to get some idea of the vastness of this corn crop you are growing. To say a thousand and ninety million bushels does not tell the story plainly enough. Let us load it upon wagons. One can think of ten bushels thus loaded with the team and driver taking it to market. Start off one team eastward, allowing thirty feet in road for wagon, team, and a little headway. Start another team following, with forty bushels more, and then another, and another, the forward team headed for New York, and the others following on, until our corn crop of last year in this one six-State patch is all loaded up. Where do you think the forward team would be when the last load is on? Down in Ohio? In Pennsylvania? In New York? Out in the Atlantic? Over in Europe? Away in Asia? Over in Japan? Into the Pacific Ocean? Stretching

still across the broad surface of that, on to San Francisco? Across California? [Follow in the mind, eastward, the string of wagons taking thirty feet each, with forty bushels each of good shelled corn.]—It would stretch over all the distances we have named. The head of the line would come across California and down from the Rocky Mountains—a string of such teams clear around the world, and when the head of the line got to us, not one bushel out of six would yet be on the wagons; this one year's crop, in only this six-State patch would fill six rows of such wagon loads clear around the world, with about four thousand miles of wagon loads more still to get into line! The line of wagons would stretch away in a straight line 154,879 miles! Or, this one year's crop would fill over forty-four continuous lines of wagon loads, from Boston to San Francisco!—Once more: You have seen over a dozen such wagon loads, or five hundred bushels, emptied into a single freight car, only forty feet long, including its platforms. Let us see what our last year's corn (in these six States only) would do if thus loaded in five hundred bushel lots, and the freight cars started off on the railway track, one after another. The freight train would stretch out and out to New York, across the Atlantic,

across Europe, and nearly across Asia, before the last car was on the track. The cars would form four continuous freight trains from New York to San Francisco—clear across our whole country—with a train 2500 miles long left over! Think over these wagon loads again; more than six lines of these around the world; these freight-car loads; over four and one half trains from the Atlantic to the Pacific! All this corn from our central six-State corn patch. But while these figures are wonderful, they teach a lesson of vast importance to you, and I have given these striking illustrations to fix your attention upon the practical lesson. Suppose you and all the others had simply grown eleven stalks, or eleven ears where you grew ten—only one ear more in all the hills that furnished ten ears. What would have been the result? It would have given an extra string of forty-bushel wagon loads, reaching from here to the Atlantic, across the Atlantic, across Europe, and nearly across Asia. It would have given four and one half extra strings of wagon loads from San Francisco to Boston. It would have filled extra freight cars enough, each holding five hundred bushels, to have made up a freight train from the Missouri River to New York City. At the average price in Chicago, this

extra one car in each ten would have turned in forty-four millions cash. At a little less than twenty-four cents per bushel this extra car for each ten grown would have equaled in cash value a full half of the entire farm products of Nebraska, live stock included."

So heavily loaded a train travels slowly, and would require a whole year to pass through Chicago. For hours the express train whirls past a green ocean of corn, wherein not a hill is missing. Its towering stalks would afford secure ambush for an army of 1,000,000 of men, mounted and foot, artillery, ambulances, mule trains, and stragglers.

The present price of corn is very low, and if the life is to be pounded out of it, and no relief comes, the farmers must let their lands return to grass, and their only hope lies in an increased export demand. According to the State Agricultural report of 1888 Iowa is the banner State for corn, last year having raised on 7,797,090 acres a total product of 321,629,961 bushels. The average price paid is only twenty-three cents per bushel; commercial value of crop $93,974,891. This is almost equal to the value of all the gold, silver, and lead mined in the United States in 1886, which was $87,535,000. It is almost a larger sum than all the railroads in the United States

paid in dividends on stocks in that year. It is $8,000,000 more than the total net earnings of all the National banks of America, and is considerably more than the total dividends paid by those banks in 1887. It gives to every man, woman, and child in the State, after reserving seed for eight million acres, nearly twelve thousand bushels or six tons of corn.

An increase of only five cents a bushel on last year's (1888) crop would amount to nearly $100,000,000.

OUR GREAT CORN STATES

From the official returns of the Iowa Agricultural Society, the yield of the corn States was as follows:

	Acres	Bushels
Iowa	7,797,090	321,629,961
Illinois	7,047,813	277,726,451
Indiana	3,419,377	128,436,284
Kansas	5,574,465	168,755,087
Missouri	6,447,168	210,822,394
Nebraska	2,604,216	84,126,352
Ohio	1,460,082	90,423,821
Total for the seven States		1,281,920,350

Of this, our greatest crop, we export to all the world about only four per cent. of our whole production. All the other cereals bow alle-

giance to corn. Had the soil of North America refused to yield corn, the progress of Western civilization would be retarded a half century. Corn has built more miles of railroad, erected more buildings, clothed and fed more people than any other product of American soil. Corn built Chicago, and when Chicago was reduced to ashes, rebuilt her. With a prophetic appreciation of a possible ultimate existence in liquid form, it does not like water. If the soil be wet and cold, it turns yellow with spleen, and dies untimely.

The principal European countries favor the importation of corn, as there are no duties levied on it in the United Kingdom, Germany, France, Holland, Belgium, Norway, Sweden, etc.

I doubt if the projectors of either of the canals across the Isthmus in Central America ever considered, that if one is ever finished, a great part of the freight going to the Pacific would be composed of American corn. I have lately investigated this matter, and I find that corn can be landed on the coast of China in thirty days from New Orleans by steam, and can be sold, considering the present price of corn at home, for half the price of rice, which, as everybody knows, is the principal food of the Chinese, and when they find this out, it won't

take the Chinaman long to learn how to cook it. I know the habits of these Chinese well; I was a merchant in Shanghai some years ago, and these people are so poor they will eat anything that will sustain life, cheapness being the first consideration. Then just think the quantity they would take when once introduced, when we consider that the population of that vast country is nearly four hundred million people.

Our corn crop gathered in 1889 is the largest the country ever produced, estimated at over two billions, two hundred and fifty million bushels of fifty-six pounds each were raised on nearly eighty million acres of the finest land in the world, and the crop will bring us in nearly seven hundred million dollars.

Our school teachers are now by law required to teach many abstract things that we scarcely heard of in our young days. How would it seem to have them teach the various uses of corn to the rising generation? It would be something tangible that the youthful mind could grasp, and would relieve and rest the faculties after laboring with anatomy, physiology, and the like, besides preparing the rising generation for using, advocating, and recommending this our greatest staple crop, and when lessons are given in cooking, sup-

pose a palatable corn dodger be given precedence.

My plan included a Corn Palace and the illustrations of the various foods made from corn, in order to enlighten the world as far as practicable on the subject of Indian corn as food. It would have been prepared and cooked in presence of the multitude, and distributed free in its most appetizing forms. How important such an enterprise would be when given before the representatives of millions of people to whom such uses of the grain are unknown, and to whom the only available argument is by means of ocular demonstration, and by the application of the old adage that "the proof of the pudding is in the eating." Considering the extremely low price at which corn can be laid down at a foreign port as compared with wheat, it would very likely find its way into hundreds of thousands of households, both on the Continent and in the United Kingdom, where wheat bread is a luxury, and rye bread and oatmeal the common food of the peasant, the farmer, and the poorer class of mechanics.

When its preparation for the palate of the epicure is understood, it would be in demand for the tables of the wealthy, and when representatives of royalty come to taste this

most palatable and nutritious food, it may become the fashion to *rear the young princes on the grain, in which case we would need to greatly increase the acreage to supply the demand for exportation.*

With the greater familiarity with the multiple uses to which corn may be applied as a food, both in the United States and in Europe, may grow a steady demand that will in a few years take all the surplus we can spare, together with that produced in the few corn belts in other parts of the world; and it is of the greatest importance to the agriculturist of the United States, to whom additional outlets for their products, particularly that of corn, are absolutely necessary.

Of the two billions of bushels crop of 1885, 18,927,982 bushels were used for distillation; a bushel of corn when converted into whisky represents seventeen quarts of this liquid fire.

An English agricultural writer and lecturer on bread-making at the Polytechnic Institute (I quote from his article in a London journal), says: "We are familiar with maize in a whole form chiefly for cattle-feeding purposes, but the substance generally sold as corn flour is also the starch of maize specially prepared. Maize, or as it is generally called, Indian corn, is a most productive grain; its nutritive value

compared with wheat is high. It is unsuitable for baking into large or thick loaves on account of the difficulty of thoroughly cooking the interior parts. In the Western States of America it is prepared in the form of cakes, like thick oaten cakes, and cooked before the fire or in an oven, these 'buckwheat' cakes, as they are called, are best eaten hot with butter and milk. This food is really very nourishing."

I merely instance this writer in order to show the foreigners' ignorance of this valuable food, although the lecturer admits its great merits as a wholesome and nutritive grain for human consumption.

Our annual surplus of corn is enormous, and it is a very pertinent and a very important question to find a market for the largest part of the surplus. We manage, indeed, to get rid of it annually in various ways, in feeding cattle and hogs, as a part of the food of our people, in the making of glucose, which manufacture is of late years assuming enormous proportions; we also use immense quantities in the manufacture of beer, starch, and whisky, and in preparations sold as table delicacies. The latest discovery has been the production of oil from the germ, and two manufactories are now turning out considerable quantities, which meet with a ready sale. The canning of sweet

green corn is also increasing enormously. Of considerable importance is the use of corn fodder for domestic animals, for besides the extensive use of grain there is the utilization of the juicy stalks and leaves, and now that ensilage is coming into much favor, the consumption of cow corn has become very large. Perhaps the most singular use to which corn has been put is that of fuel, as has sometimes happened in the treeless regions of the West. It has been burned and found a thoroughly good substitute for wood or coal.

Every part is utilized, even to the husks, which are used by paper-makers as a material for pulp; by upholsterers as filling for mattresses and the like; by the orange growers of Southern Europe for packing their fruit; by the South Americans as cigarette wrappers, and is much used for a kind of coarse door mat. But enough has been said to make it plain that corn must rank among the most useful plants known to man.

So large is the supply that it can only be absorbed at home by putting down the price to the lowest figures. The average price paid officially, given in the Agricultural Bureau report (1890), was only twenty-three cents per bushel, a price which is entirely unremunerative to our farmers.

My ambition is to teach the people of the world how sumptuously they can live on this comparatively unknown grain that contains as much actual nourishment as the best wheaten flour, oatmeal, or any other farinaceous food. In the extent and variety of its forms and uses, few plants will bear comparison with maize. The plant itself is the most beautiful of all the cereals, and a field of it in full growth is at once lovely and impressive. The long, gracefully tapering dark green leaves are surmounted by bright straw-colored blossoms, and as they wave and rustle in the breeze, the sight is charming to the eye. From the stalk grow the ears, which nestle among the leaves, being further protected by a sheathing of many folds, from which depend silken tassels called "corn silk."

Indian corn meal, corn starch, hominy, pop and sweet corn, mahogany-colored loaves of Boston brown bread, Indian pones, golden Johnny cakes, corn mush, Indian pudding, corn dodgers, green corn pudding, corn griddle cakes, corn-meal, crumpets, corn waffles and gophers, croquettes, and corn fritters, canned corn and succotash, pinole, samp, corn grits, cereal flakes, and numerous other corn preparations are produced which are as pleasing to the eye as they are grateful to the palate.

From this food the hard-working active man can draw health to meet the drain upon his nervous system, and his muscle for every effort. Corn furnishes more material for hard work than any other known grain. It is rich in food for muscle and brain. It secures health and strength, with economy and pleasure in the eating.

As an article of human consumption, corn is the chief bread food of many tropical and semi-tropical countries; it is to the Mexican what rice is to the Chinaman.

Corn, in the shape of pinole, is now served out as a ration in the Mexican army, and from late discoveries among the aborigines of Arizona, the process has been discovered whereby baked corn bread can be preserved sweet and in good condition for a year and more, and one of the objects of my mission in Europe is to endeavor to introduce the use of corn food into the armies of Europe, which would cause a saving of a fabulous amount of money annually.

In the early history of Egypt, Greece, and Rome, corn was extensively used, and the highest intellectual, as well as physical achievements of those days were accomplished under a regimen of corn.

Corn stands peerless in rank among the

cereal products of the earth. Its hygienic, culinary, and scientific excellence is not sufficiently known, as comfort, health, and prosperity are so dependent on what we eat and drink that corn is the best adapted, for not only producing a healthy and strong body and mind, but also for preserving both in that condition.

Piso and other Spanish doctors have written treatises on the medicinal virtues of this grain. It was the only bread used in America by the Spaniards for many years after its discovery.

The toiling millions on the continent continue to eat their bitter black bread, or spend more than they can afford for wheaten loaves, while the value and palatableness of corn remain almost unknown to them.

The capacity of corn, as a food, has not begun to be appreciated even in the United States. The preparation of corn may be infinitely more varied than that of wheat. Americans have never taken a proper pride in this great native cereal Indian corn. Nearly every other country has its special food product, which it claims as its own distinctively, whether native to the soil or not, and vaunts its merits until it becomes inseparably associated in each case with the national idea.

Ireland has given its name to the potato, although that tuber is of American origin.

Scotland does not boast of its oat crop, but Scotch oat cakes are the people's pride.

Germans dote on their rye bread; entire races in Asia exist on rice, and are happy.

With numerous preparations of corn, white as snow, yellow as gold, fine as wheat flour, ground or in dainty flakes, some unreasonable Americans prefer to irritate their interior with indigestible oat meal or tasteless rice, and in place of the corn bread, that made their pioneer ancestors robust and vigorous, they consume the sticky rye and dainty but less nourishing wheaten loaves. From a hygienic standpoint, however, if for no other, it would be well for them to become acquainted with the culinary possibilities of Indian corn.

I can personally speak of the sustaining power of Indian corn, for in the early days of our war of the rebellion I was a prisoner of war in Richmond, being captured at the battle of Bull Run. I was fortunate enough to be one of the first three officers who escaped from that prison; my companions were General Wm. H. Raynor, now of Toledo, Ohio, and Colonel Jno. R. Hurd, now of Syracuse, Kansas. We were eleven days reaching the Potomac River, and during all that long and

dreary tramp through the woods and swamps of Virginia, subject to intense excitement, we had nothing to eat but raw corn, gathered at long intervals, which fortified us in our race for liberty.

The great difficulty of introducing corn for table use in Europe is the ignorance that prevails as to the proper methods of cooking it. In the rough way it has ordinarily been tried it has not been found palatable. Before it can, therefore, be introduced on European tables and its merits appreciated, there must be explicit instructions given in its preparation.

CHARLES J. MURPHY.

Recipes for Corn Dishes Old and New

CORN-MEAL MUSH OR "HASTY PUDDING"

Take one quart of fresh yellow corn meal and wet it thoroughly with a pint of cold water. Put three pints of water into an iron pot and add to it one tablespoon of salt and a teaspoon of butter. When the water boils add the corn-meal mixture, stirring until it is smooth and well mixed, then set back to boil slowly for an hour and a half. Serve hot with sugar and cream or with butter and syrup. The mush may also be turned into a wet mold to cool and set for frying. The old name of "hasty pudding" was given the mush when it was boiled for a hasty meal, in fifteen minutes, a fact which caused the underdone meal to disagree with those who ate the mush.

BAKED MUSH

Make the mush for baking the same as in

the preceding recipe, boiling it only half as long. Turn the mush into a shallow buttered pan, brush over with butter, and bake for two hours in a moderate oven, or until it is well browned on top. Serve hot with sugar and cream, syrup, or a good cheese sauce.

POLENTA

(À l'Italienne)

This is another way of baking the mush. In America, where the polenta meal is difficult to procure, corn meal is substituted. Put a quart of milk in a saucepan and bring it to boiling point, then sift in very slowly enough corn meal to make a thick porridge, stir continually, and when it is smooth add an ounce of Parmesan cheese, then turn the mixture into a buttered mold and bake for twenty minutes. This is served with the roast or as a luncheon dish. Another way to make the dish, perhaps more modern, is to make the mixture the same as for mush, then turn it into a wet mold to set and harden. When cold it is cut into blocks and placed in a buttered pudding dish, or square pan, the blocks being set apart and in layers, with Parmesan cheese sprinkled thickly between and on top, then baked until it is a good brown.

BAKED VEGETABLE MUSH

Make the mush the same as for the preceding dish. When cold cut in thin slices, lay in a buttered baking dish, dust with cheese, then cover with a layer of boiled and sliced carrots, turnips, white potatoes, and minced onions. Season and arrange in layers until the dish is full. Bake for one hour; serve as a luncheon dish, with a smooth tomato sauce.

BAKED BERRY MUSH

Make the mush as at first directed and when thoroughly cooked add to it a quart of well-washed and picked-over blueberries, and a cup of sugar, then turn into the mold to set. Serve with cream and sugar for a children's luncheon dish.

FRIED MUSH

Make in the usual way, then turn into a wet mold and let stand to cool and harden. Cut in medium slices, three inches long, and fry in hot fat. When a delicate brown drain and pile on a hot platter. Serve maple syrup or melted butter firmed with sugar and flavored with a little lemon juice.

CRUMBED FRIED MUSH

When the cold mush is sliced, roll the slices in beaten egg then in fine cracker dust, fry in hot fat. This may be served with a sweet sauce or with a smooth well-seasoned tomato sauce.

CROQUETTES OF MUSH

Make one quart of mush and when it is cool add a heaping tablespoon of butter, a half teaspoon of salt, and beat in two eggs. Mix thoroughly and when cold take a spoonful at a time, roll on a floured board and shape into croquettes three inches long. Dust with pepper and salt and lay on a floured plate. When ready fry in deep fat, drain, and serve in a napkin garnished with parsley. Tomato sauce, or a shrimp sauce, is good with the croquettes.

CORN-MEAL FISH CAKES

Make one pound of corn-meal mush and when cooked add to it a piece of butter the size of an egg, a half teaspoon of salt, a saltspoon of pepper, and a teaspoon of sugar. Take two pounds of cold boiled codfish; skin,

bone, and flake it fine. When the corn meal is cool enough work the fish in, and if it is too stiff add a little cream. Form into fish cakes, dust them with flour, and lay on a floured plate. A beaten egg may be added but it is not necessary. If salt dry codfish is used then soak it thoroughly, and let it simmer at the back of the stove for an hour before freeing from skin and bone and flaking. Fry in pork fat and serve with a little piece of fried pork on top of each cake.

PORK SCRAPPLE

Clean thoroughly and boil two split hogs' heads, hocks, and feet; boil until the meat leaves the bones; as the meat cools, take out all bones and when cold remove the grease. Remove grease from the water they were boiled in. Cut the meat into small pieces and return it to the liquor, season well, and when it boils stir in enough of a mixture of one third flour and two thirds corn meal to thicken to the consistency of mush. Stir evenly and boil for ten minutes, then turn into a wet mold. When cold and set, slice in medium slices and fry in hot fat using a steel or iron frying pan. Drain and serve hot garnished with fried apple rings.

BEEF SCRAPPLE

Select a three-pound piece of bottom round, plunge it into boiling water and boil until tender; put a cheesecloth bag filled with soup herbs and vegetables in to boil with the meat for flavoring which may be easily withdrawn when the meat is done. Take the meat from the liquor, add the seasoning, and thicken with a pint of corn meal wet with a little water to the consistency of mush. Cook until the meal is done, then add the meat carefully minced, cook fifteen minutes longer, then turn into a long loaf pan, that has been wet with cold water, to firm. When needed slice and fry.

CORN MEAL AND CHICKEN SAUSAGE

Make one quart of corn-meal mush. Select one short plump chicken weighing about three and a half pounds. Clean thoroughly and boil until it begins to be tender. Add a savory bouquet of herbs and a bud of garlic to the water as it boils. When cool enough to handle remove the bones and chop the meat very fine. Chop and free from fiber a quarter pound of suet, add to the meat, season with pepper, salt, a little sage, and a teaspoon of sugar. Add a gener-

ous lump of butter to the mush and mix all together. Mold into sausages, roll in flour, and fry in hot pork fat. Or soak a pig's caul in cold water, cut it, and cover the sausages.

CORN MEAL FOR BREADING

For breading cutlets, chops, fish, oysters, or the various croquettes, use two parts corn meal to one part flour; dip the article in beaten egg then in the meal mixture, shaking off all that does not adhere; dust with pepper and salt and fry in hot fat.

CORN-MEAL GRUEL

Into one pint of boiling water put a half teaspoon of salt. Mix two tablespoons of sifted meal with cold water enough to make a smooth batter, then stir it into the hot water. Boil one hour, stirring carefully. If too thick thin it with a little hot milk. This is very delicate and a useful beverage for the invalid tray

VEGETARIAN ROAST

Make one pint of corn-meal mush. Drain and mash one quart of freshly cooked peas, chop very fine and add one onion and one

green pepper, grind a half cup of walnuts, and mash two potatoes smooth, mix all together and add to the mush. Season with a good-sized lump of butter, pepper, salt, and a few drops of kitchen bouquet. Mix and turn into a buttered oblong baking pan and bake for an hour. Turn out onto a hot platter and serve with brown mushroom sauce or tomato sauce. This is an excellent meat substitute.

INDIAN PEMMICAN

A famous food carried by Indians when on the warpath, all tribes following the same general formula in the making. Dried venison meat pulverized, boiled and chopped vegetables, including wild onions, plenty of beans, wild cherries, crushed stones and all, and ground corn meal—the mass being cemented together with bear's grease. When cold and firm it was sliced down like bologna and was a complete meal, a balanced ration.

CORNLETTES

Pour a thin layer of boiled mush into a buttered shallow pan, cover it with a layer of cold boiled fresh ham chopped fine, highly seasoned, and moistened with tart apple sauce enough

to make a spreading paste. Dot with lumps of butter, pour on another layer of mush, and set aside to cool. When cool cut in three-inch squares, lay on a shallow baking pan, greased, dust with grated cheese, and put in the oven long enough to heat and brown the cheese; serve, with a rich brown sauce, for a luncheon or dinner dish.

Hominy Dishes

COARSE HOMINY

Wash and soak overnight one cup of coarse hominy. In the morning boil it in plenty of water, well covered, until tender, then remove the cover and let the water evaporate. Watch, and stir often so that it does not burn. Stir in a heaping tablespoon of butter before serving. Hominy requires long, slow, and steady cooking.

FINE HOMINY

Wash and soak, overnight, one cup of fine hominy. In the morning drain and put into a double boiler with two and a half cups of milk, cover, and boil steadily for one hour. Remove cover and add a half teaspoon of salt and a little more milk if it seems to be boiling too dry. The hominy may be served with cream and sugar for a breakfast cereal, or with meat in place of rice. It may also be

molded and cooled to serve with cream and sugar, or crushed fresh fruit, for the nursery luncheon.

FRIED COARSE HOMINY

Take a cup, or more if needed, of cold boiled hominy and place it in a pan with a generous lump of butter. When the hominy is hot and begins to fry keep stirring it with a fork until it browns lightly then turn onto a hot dish. Serve with sausages or pork chops. If this is to be served by itself for a luncheon dish then add to it a cup of the filling prepared for Spanish omelettes which comes already prepared in bottles. If it is not at hand then sauté in a little butter, a chopped onion, pepper, a tomato, and a few chives, and add, when they are done, to the hominy. Season with pepper, salt, and two tablespoons of olive oil.

FRIED FINE HOMINY

Cut the molded hominy in slices and fry the same as mush. Serve with sugar and cream, crushed fruit sauce, or a brown sauce, if it is to be used as a vegetable dish.

BAKED HOMINY

Take one cup of coarse hominy and stir into it a tablespoon of melted butter, a saltspoon of salt, a teaspoon of sugar, two beaten fresh egg yolks, and two cups of milk, added slowly. When the mixture is smooth add the stiffly beaten egg whites, bake a delicate brown in a buttered pudding dish. Serve with roast pork.

HOMINY DATE MOLD

Boil one and a half cups of hominy until thoroughly done, add a teaspoon of salt, and a tablespoon of sugar. Just before turning into a wet mold add a tablespoon of butter. When cold cut in quarter-inch slices and lay up on a buttered baking pan in alternate layers with pitted and halved dates, bread crumbs, pepper, salt, grated cheese, and butter; turn over all a quarter cup of cream and cook in the oven covered for twenty minutes and then uncover and delicately brown. Serve plain or with a good creamy cheese sauce. This is made by the addition of a half cup of grated cheese to two cups of cream sauce, add the juice of an onion, paprika, a level teaspoon of sugar, and a teaspoon of chopped tarragon leaves.

HOMINY CROQUETTES

Work to a smooth paste one large cup of cold, fine, boiled hominy, one tablespoon of soft butter, and a half cup of rich milk. Warm the mixture, then add a teaspoon of sugar and the yolks of two eggs. Stir over the fire until it thickens, then set aside to cool. When cold, flour the hands and form it into oblong balls and dip into the white of the egg, to which have been added a tablespoon of water and a pinch of salt; roll in fine crumbs and fry in hot oil or fat. Drain, and serve on a hot platter with any sauce liked.

HOMINY MUFFINS

Beat two cups of cold, boiled, fine hominy smooth, add three cups of sweet milk, yolks of three eggs, well beaten, a quarter cup of melted butter, two teaspoons of salt, two tablespoons of sugar, two teaspoons of baking powder sifted with a cup and a half of flour. Mix thoroughly, then add the beaten whites of the eggs, pour into greased iron gem pans, and bake.

HOMINY WAFFLES

Take one cup of warm, fine hominy and add to it one cup of milk, a half teaspoon of

salt, two beaten eggs, one teaspoon of baking powder, and enough flour to make a thin batter. Bake in a hot well-greased waffle iron. Serve with fresh butter and hot honey.

HOMINY FRITTERS

Make a smooth fritter batter of one pint of cold, boiled, fine hominy, a half cup of cream, two tablespoons of cornstarch dissolved in a little bit of milk, two well-beaten eggs, a teaspoon of baking powder mixed in a tablespoon of flour and a saltspoon of salt. If the hominy is freshly cooked and still warm it will mix more readily; if cold it can be warmed by standing a few minutes in boiling water, then drain it and mash smooth before mixing it with the other ingredients.

HOMINY PUDDING

Boil three quarters of a cup of fine hominy in a pint and a half of rich milk. Beat two eggs and add to them a cup of sugar, a teaspoon of rose extract, and a tablespoon of melted butter. Pour in the hominy, stir well, turn into a buttered pudding dish and bake in a hot oven twenty minutes.

MADEIRA MILHO

Soak nine ounces of fine hominy overnight. In the morning drain and put in a saucepan with three pints of clear water; stir until it boils, then add a level teaspoon of salt and two ounces of beef drippings. Boil, stirring often, for one hour. Eat like porridge, with butter and sugar or honey and cream.

HAM HOMINY FRITTERS

Mix two cups of cold, boiled hominy with two beaten eggs, a half cup of milk, a saltspoon of salt, a teaspoon of baking powder added to a cup and a half of flour, and a half cup of cold boiled ham chopped fine. Beat well and drop by spoonfuls into hot fat. Drain, and serve in a napkin garnished with parsley and lemon quarters. A teaspoon of sugar in the batter is an addition to the flavor, and aids in browning the fritters.

SAMP

This is corn that has been prepared by being boiled in lye, or wood ashes, to remove the outer skin; it is then thoroughly washed before cooking. It is used almost the same as rice,

though it requires longer cooking and is very hearty. The Indians added it to their venison stew, cooked it in maple syrup, or made it into a thin gruel for a nourishing drink. They also mixed it with meal made of parched corn and cooked it in water and a little maple syrup for a sort of coffee.

1917 War Coffee

Mix together, thoroughly rubbing with the hands until the mixture resembles soft brown sugar, two quarts of bran, one quart of corn meal, and a large cup of molasses. Spread the mixture in a large dripping pan, brown it in a slow oven, stirring it often with a long-handled spoon until it is a rich seal brown. Do not let it scorch or burn. When done, put in jars like regular coffee. In making the coffee allow two tablespoonfuls to one and a half cups of clear water to a person. Boil the coffee well and serve hot milk or cream with it. For those who have corn in their garden they may dry the corn in the oven carefully, shuck and grind it in a coffee mill very easily.

PINOLE

The Mexican Indians roasted corn, then ground it into coarse meal which they mixed with sugar and spices, then stirred in water enough to make it like a gruel. It was a favorite and nutritious drink.

Corn Breads and Muffins

CORN BREAD

Two cups Indian, one cup wheat,
One cup sour milk, one cup sweet,
One good egg that well you beat.
Half cup molasses, too;
Half cup sugar add thereto,
With one spoon of butter new.
Salt and soda each a teaspoon;
Mix up quick and bake it soon.
Then you'll have corn bread complete,
Best of all corn bread you meet.
It will make your boy's eyes shine,
If he's like that boy of mine.
If you have a dozen boys
To increase your household joys,
Double then this rule I should,
And you'll have two corn cakes good.
When you've nothing else for tea
This the very thing will be.
All the men that I have seen
Say it is of all cakes queen.
Good enough for any king.
That a husband home can bring,
Warming up the human stove,

Cheering up the hearts you love;
And only Tyndall can explain
The links between corn bread and brain.
Get a husband what he likes
And save a hundred household strikes.

OLD RHYMES.

Government War Bread 1917

One fourth whole wheat flour, one fourth rye flour, one fourth white flour, one fourth corn meal, a tablespoon of salt, a yeast cake dissolved in cold water, and enough tepid water to make a medium dough, not too soft. Knead thoroughly, let rise until light, put in greased pans, and let rise to fill the pans three quarters full, then bake in a steady oven from forty minutes to an hour. Try with a broom splint.

A second formula calls for one third wheat flour, one third whole wheat flour, and one third corn meal and rye flour mixed. Salt, yeast, and water as for first formula.

CORN LOAF BREAD

Add to one quart of flour two teaspoons of baking powder, a teaspoon of salt, and a quart of corn meal. Mix thoroughly, then add the yolks of two eggs beaten light, two tablespoons of molasses mixed in a quart of sweet

milk, and last of all fold in the beaten egg whites. Pour into a buttered bread pan and bake thirty to forty minutes in an even oven.

QUICK CORN BREAD

Mix two heaping cups of corn meal with one cup of flour, one teaspoon of baking powder, one tablespoon of sugar, and one teaspoon of salt. Beat three egg yolks and add to two and a half cups of milk, mix well, and add a tablespoon of melted butter and the beaten egg whites. Bake in buttered mold and serve hot.

NEW ORLEANS RECIPE

Sift together one and a half pints of corn meal, a half pint of flour, a tablespoon of sugar, a teaspoon of salt, and two heaping tablespoons of baking powder. Add two beaten eggs, one and a quarter pints of milk, and a tablespoon of melted lard. Mix to a medium batter, pour into a square shallow pan, and bake for thirty minutes in a brisk oven.

SOUR MILK CORN BREAD

Mix two teaspoons of salt with two cups of corn meal. Dissolve a teaspoon of bi-car-

bonate of soda in a quart of sour milk, add two beaten eggs and a tablespoon of melted lard, beat all together, and add enough corn meal to make a soft dough. Beat very thoroughly and turn into a buttered baking pan. Bake thirty minutes.

RICE CORN BREAD

Mix two cups of corn meal and one cup of freshly boiled rice. Add two level teaspoons of salt and one of sugar. Dissolve one teaspoon of bi-carbonate of soda in a quart of sour milk, pour in enough of the milk to make a stiff batter, add two beaten eggs, then the rest of the milk. Beat thoroughly and then add a tablespoon of melted butter. Bake in a shallow buttered pan as soon as it is mixed; do not let it stand.

SCALDED MEAL BREAD

Add to one pint of boiling water a teaspoon of salt and a heaping tablespoon of butter, lard, good beef drippings, or chicken fat. A reputable butter substitute also may be used. Pour the boiling mixture into one pint of corn meal to scald it, then set it aside to cool. Beat two eggs and add them to a pint of sweet milk; stir into the cool batter and turn into a

shallow well greased pan. Bake in a hot oven thirty-five minutes. It is a good idea to warm the pan before turning in the mixture, especially in cold weather.

INDIAN ASH CAKE

Make a soft dough of one quart of scalded corn meal, a teaspoon of salt, a tablespoon of melted fat, and cold water. Mold the dough into oblong cakes and lay, wrapped in cabbage or grape leaves, on hot ashes, or under a gas flame. When done strip off the leaves and eat the cake hot with fresh butter.

SOUTHERN HOECAKE

In early days this bread, made the same as ash cake, was baked on a clean, hot, hoe blade, or on a damp shingle before a hot open fire.

STEAMED CORN BREAD

Mix three cups of corn meal with three cups of wheat flour, a teaspoon of salt, and two teaspoons of baking powder. Pour in a quart of sweet milk and a cup of warm molasses. Mix well and pour into a buttered mold, then steam for four hours. The mold should be only three quarters full, to allow for swelling, and covered tightly.

INDIAN JOURNEY CAKE

The natives made this cake of an equal quantity of wild rice and pounded corn meal, flavored with salt, and mixed with water. It was shaped into oblong balls and baked in the hot embers. It was carried on journeys, or in war times, hence the name, and was considered very nourishing. It was the forerunner of the now familiar "Johnny" cake.

NEW ENGLAND JOHNNY CAKE

Sift together one pint of corn meal, one pint of wheat flour, two teaspoons of baking powder, a half teaspoon of salt, and a half cup of sugar. Work in a tablespoon of lard, add three beaten eggs, and a pint and a quarter of milk. Pour into shallow buttered pans and bake forty-five minutes.

INDIAN NOCAKE

For this delicacy the natives used parched corn, pounded to meal, with salt, a little maple sugar melted, and enough water to make a dough. The cakes were shaped and then baked like ash cakes. Made by the Dakota Indians.

MASSACHUSETTS INDIAN CAKE

Mix three cups of corn meal, one cup of flour, and a teaspoon of salt. Dissolve one teaspoon of soda in a cup of sour milk, add this with a cup of tepid molasses and mix thoroughly. Turn into a moderately heated Dutch oven (the old-fashioned way) or into a shallow buttered pan to bake.

PIKI BREAD

The Hopi Indians are expert in the making of parchment bread. A batter of corn meal and water is made and seasoned with salt. It is thrown by a dexterous motion of the hand onto a superheated stone and cooked quickly, without turning, like a thin pancake, and is then rolled like parchment, or packed like figs, one piece overlapping the other. The bread keeps for years; made of black, red, yellow, or white corn it keeps the color, the white often being dyed green or a deep orange with vegetable dyes.

SPONGE CORN CAKE

Bring one quart of milk to boiling point and pour it on one pint of corn meal; add a lump of butter and a heaping teaspoon of

salt. Set the mixture away overnight; in the morning beat light, add two beaten eggs, and pour the mixture into buttered earthen plates. Bake thirty minutes.

RAISIN CORN BREAD

Mix twelve ounces of seeded and coarsely chopped raisins with three cups of corn meal, one and a half cups of rye flour, one and a half cups of white flour, a teaspoon of salt, and three heaping teaspoons of baking powder. Mix and add a cup of molasses and enough milk to make the dough soft. Pour into a well-buttered mold, cover, and steam steadily for full three hours. Do not fill the mold full but leave room for swelling. Serve hot.

CORN PONE

Dissolve two teaspoons of salt in a quart of water, stir into it enough corn meal to make a stiff dough. Mold the dough into cakes the size and shape of fish cakes. Lay the cakes in a Dutch oven, or buttered baking pan, and bake thirty minutes. Separate the cakes so they do not touch one another so they may brown on all sides.

Worcester derives the name pone from

paume, which he states is an Indian word; Webster's spelling is "pone" from the Latin "ponnes" referring to its roundish shape, but it is more probable that its derivation is from the method of making it between the palms of the hands, hence "palm bread," "paum bread," "pone bread," paum being a well known corruption of palm.

VIRGINIA CORN BREAD

Cream together two tablespoons of butter and two tablespoons of sugar. Mix one cup of flour, a heaping cup of corn meal, a half teaspoon of salt, and two heaping tablespoons of baking powder. Add the beaten yolks of two eggs to the butter mixture, then add the dry ingredients with a cup of sweet milk. Beat all thoroughly, then add the beaten egg whites. Pour into a well-buttered, lightly floured, baking pan, and bake in a hot oven full fifteen minutes. Break in pieces and serve hot. Cutting with a knife makes it heavy and soggy.

IRISH CORN BREAD

Make a batter of a cup of corn meal and water, when it boils add a level teaspoon of salt, boil a half hour. Cool, and then add a

quarter yeast cake dissolved in water and as much flour as there is meal. Let rise, then bake in a buttered pan. If desired a little sugar may be added.

BOSTON BROWN BREAD

Sift one pint of corn meal, a half pint of rye flour, a half pint of wheat flour, a teaspoon of salt, a tablespoon of brown sugar, and two teaspoons of baking powder together. Have ready two good-sized potatoes boiled, mashed, and thinned a little with water; when cold add to the other ingredients and mix to a batter. Pour into a well-buttered mold, cover, and put in a kettle of hot water. Let it boil one full hour, then remove the cover and put in the oven. Bake about three quarters of an hour if the oven is hot, longer if it is only medium. There are several ways of making the bread, the old way being to bake it all night with the celebrated beans, but this recipe is the simplest for home use.

BANNOCKS

Scald two cups of corn meal with just enough boiling water to moisten it, cover, and let stand a half hour. Add four beaten eggs, two cups of milk, a teaspoon of salt, two table-

spoons of melted butter, a cup of flour, and a teaspoon of baking powder. Bake in greased shallow pans in a hot oven.

SLAPPERS

Pour on slowly enough boiling water to make a thin batter of two cups of corn meal, a half teaspoon of salt, and two tablespoons of butter. Cover and let stand overnight. In the morning add three beaten eggs, one cup of milk, and a cup of flour in which two teaspoons of baking powder have been mixed. Beat well and drop by spoonfuls onto a hot greased griddle. Brown on both sides like a thick pancake. These are Southern favorites.

CORN MUSH BREAD

Mix with one quart of hot corn-meal mush, one quart of wheat flour and one quart of graham flour. When cool add one quart of raised bread sponge, a half cup of molasses, a teaspoon of salt, and a half teaspoon of baking powder. Mix well and add a little flour in kneading the dough, shape into brick-shaped loaves, let rise in the pans, and bake from an hour to an hour and a half.

CUSTARD CORN BREAD

Beat a quarter cup of sugar with two eggs. Sift a quarter cup of flour, a teaspoon of salt, and a teaspoon of soda into one and a third cups of corn meal. Mix all together. Melt two heaping tablespoons of butter in a deep baking pan, using plenty around the sides. Pour in the batter, then add without stirring a cup of cream; bake twenty to thirty minutes. When cooked there will be a layer of custard on top or through the center of the cake.

VIRGINIA SPOON BREAD

Beat the yolks of six eggs with a tablespoon of sugar, a teaspoon of salt, a half cup of boiled cracked wheat, a cup of sifted corn meal, two teaspoons of baking powder, three cups of sweet milk and one of buttermilk. Beat the egg whites stiff and fold in last. Melt three tablespoons of butter in a baking dish and pour in the batter. Bake in a moderate oven. This is a very delicate bread and is served with a spoon from the pan it is cooked in, not cut with a knife.

HEALTH BREAD

Soak one pint of corn meal in a pint of sour

milk for two hours; if it takes up all the milk add a little more. Stir in, when ready to bake, a teaspoon of salt, a tablespoon of vegetable or olive oil, and a level teaspoon of bicarbonate of soda dissolved in a little hot water. Beat well and sift in enough whole wheat flour to thicken slightly. Pour in shallow buttered pan and bake forty minutes in a brisk oven.

PRIZE HEALTH BREAD

Mix two level cups of health bran, one cup of corn meal, one cup of cream of wheat, and one cup of flour, sifted, with two level teaspoons of baking powder, and a half teaspoon of salt. Mix one cup of New Orleans molasses with three cups of rich milk; beat all into a smooth batter, and cook in a well-greased mold, steaming, well covered, for eight hours. The weight of the loaf when done is three and a half pounds.

CORN-MEAL SCONES

Sift together one quart of fine corn meal, two teaspoons of baking powder, a half teaspoon of salt, and a teaspoon of sugar. Rub in a heaping tablespoon of flour, two beaten eggs, almost a full pint of milk, and enough

flour to make a kneading dough. Put on a floured board, knead lightly, roll out with a pin an eighth of an inch thick, and after cutting into three-inch squares fold over three cornered and bake on a hot greased griddle, browning on both sides. If the scones are not carefully cooked they are uninviting and raw tasting; to avoid this many cooks scald the meal with the milk heated to boiling point and after it has cooled off add the rest of the ingredients.

APPLE JOHNNY CAKE

Mix two cups of yellow corn meal with half a cup of sugar, a saltspoon of salt, and a teaspoon of cream of tartar. Dissolve a half teaspoon of bi-carbonate of soda in a cup and a half of milk, stir in three tart apples pared, cored, and chopped fine. Beat well and bake in a well-buttered shallow pan for thirty-five minutes.

CAMP CORN BREAD

Mix two cups of corn meal, two cups of flour, a teaspoon of salt, two heaping teaspoons of baking powder, a teaspoon of sugar, two tablespoons of shortening, two tablespoons of egg powder, a half cup of condensed or evaporated milk, and one and a half cups of water.

Beat well, pour in a well-greased pan, and bake for forty-five minutes. When serving break the bread or cut with a hot sharp knife.

CORN SOUP STICKS

Beat together one cup of corn meal, three quarters of a cup of flour, three teaspoons of baking powder, and a half teaspoon of salt. Mix with a half cup of hot, boiled, fine hominy, a quarter cup of soft butter, one cup of milk, and one egg. Beat all with the dry ingredients and bake in buttered bread stick pans twenty minutes.

RICE CORN BREAD

Pour one cup of freshly boiled rice over two cups of sifted white corn meal, add a tablespoon of soft butter, three beaten eggs, a teaspoon of salt, and milk enough to make a stiff batter. Beat well and turn into shallow buttered pans to bake in a quick oven.

CRACKLING BREAD

Pour enough boiling water over a quart of yellow corn meal to moisten it, add two teaspoons of salt, and set aside to cool. When

cool enough to handle, mix in a pint of cracklings (crumbs left after trying out leaf lard), and shape into oblong cakes. Bake in lightly buttered pans for twenty-five minutes. This makes a rich breakfast or luncheon cake on a cold day.

COLONIAL RYE AND INDIAN BREAD

Scald two quarts of corn meal with just enough boiling water to moisten it, but not make a batter. Cover and let it stand and cool. Add two teaspoons of salt, one teaspoon of soda, an yeast cake dissolved in a little cold water, and a half cup of molasses. Pour in alternately a quart of rye flour and warm water to make a dough heavy to stir with a spoon. Let rise overnight, put in deep bread pan in the morning, let stand thirty minutes, then bake four hours in a medium oven.

STEAMED BOSTON BROWN BREAD

Mix two cups of corn meal, one cup of rye meal, one cup of wheat flour, a saltspoon of salt, and two heaping teaspoons of baking powder. Add a cup and a half of warm molasses, a teaspoon of soda dissolved in a little water, and a quart of sweet milk. Beat

all thoroughly, pour into a greased mold, and steam in boiling water, well covered, for four hours.

SWEET BROWN BREAD

Mix one quart of rye flour, two quarts of corn meal, one pint of Graham flour, and a teaspoon of salt together. Add a half pint of potato yeast, a half cup of molasses, and a half cup of seeded raisins. Mix with warm water to as stiff a dough as can be handled with a spoon. Let rise six hours, and bake in buttered bread tins five hours, or six, if oven is slow.

CORN-MEAL GINGER BREAD

Beat to a cream one cup of butter, one cup of brown sugar, one tablespoon of ground ginger, one teaspoon of cinnamon, and the grated rind of an orange. Mix two cups each of corn meal and flour, add half the flour, and three beaten eggs. Stir in gradually three gills of molasses and a quarter cup of milk. Then add three more beaten eggs and the rest of the flour, beat thoroughly, and add a teaspoon of soda dissolved in hot water. Pour into buttered pans and bake in a moderate oven for an hour.

INDIAN MEAL DOUGHNUTS

Pour three quarters of a cup of boiling milk over one and a half cups of fine corn meal, stir, and allow it to cool. Add a half cup of soft butter, three quarters of a cup of sugar, a teaspoon of cinnamon, a half of a grated nutmeg, two beaten eggs, and a cup of flour in which there are two teaspoons of baking powder. Work the dough smooth, roll on the board three quarters of an inch thick, and fry in hot lard. Dust with powdered sugar.

APPLE CORN BREAD

Mix together two cups of white corn meal, two tablespoons of sugar, a half teaspoon of salt, a teaspoon of cream of tartar, and a teaspoon of bi-carbonate of soda. Add one and a half cups of milk; beat well and pour into a shallow buttered pan. Have ready three tart apples, pared and sliced thin; arrange them as for baker's apple cake; dust with two tablespoons of sugar blended with a teaspoon of cinnamon. Bake for thirty-five minutes.

NEW ENGLAND PUMPKIN CORN BREAD

Mix two and a half quarts of corn flour with one and a half quarts of wheat flour, two

teaspoons of salt, two tablespoons of sugar, a tablespoon of soft butter, a pint of stewed and mashed pumpkin, an yeast cake dissolved in cold water, and enough lukewarm water added slowly to make a kneading dough. Turn onto the board, knead well, and set to rise. When light, mold into loaves and put into greased pans, and when dough has risen until they are three quarters full, bake in a moderate oven. In the South this same recipe is used with mashed sweet potato instead of the pumpkin.

CORN AND GLUTEN BREAD

Mix three quarters of a cup of gluten flour, three teaspoons of salt, one tablespoon of sugar, two tablespoons of soft butter, and half an yeast cake dissolved in a quarter cup of lukewarm water. Have ready two and a half cups of corn meal that has been warmed then scalded in one and a half cups of boiling water and cooled. Mix all together thoroughly and turn, after kneading, into a greased bread pan; when risen until the pan is fully three quarters filled, bake in a steady oven.

ZUÑI AND WESTERN APACHE BREAD

Mix one cup of white meal with one cup of

yellow meal, one teaspoon of salt and a salt spoon (level) of red pepper, one cup of chopped butter, or half cup of bacon grease, and one cup of water. Mold into small rolls like sausages; roll them in greased paper, and bake one hour. The Indians roll them in corn husks and they are nicer done in that way.

SAVORY CORN BISCUIT

Turn one cup of yellow corn meal onto a shallow pan and brown carefully in the oven, stirring and watching carefully that it does not burn. Take three quarters of a cup of peanut butter and add to it three quarters of a cup of boiling water, stir smooth, add two teaspoons of salt and a half cup of hot cream. Turn into the meal, mix, half fill buttered muffin pans, and bake. Or drop from the spoon onto a shallow greased pan and make into small cakes.

CORN-MEAL ENVELOPE ROLLS

Sift together one and a half cups of wheat flour and three quarters of a cup of corn meal. Add a teaspoon of salt, three teaspoons of baking powder, and rub in two tablespoons of butter. Add a half cup of milk and as much more as seems necessary to make a soft dough.

Roll out on a floured board, cut with a round cutter, and fold envelope fashion; bake in a quick oven in a greased shallow pan.

BEATEN CORN BREAD

Work one heaping tablespoon of butter into a cup of corn meal, a cup of flour, two teaspoons of sugar, and a teaspoon of salt. Add enough water to moisten but not to wet it enough to make it crumble. Spread on a floured board and beat with a masher for twenty minutes, folding it over often. Roll out a half-inch thick, cut in rounds, prick with a fork and bake in greased shallow pan.

ST. CHARLES CORN MUFFINS

Pour one cup of boiling water over two cups of white corn meal and stir so all is scalded. Cool slightly, then add a heaping tablespoon of butter, a saltspoon of salt, two beaten eggs, a cup of sweet milk, and a teaspoon of baking powder. Pour into hot, greased, iron gem pans, and bake twenty minutes. This is a thin batter muffin.

RING MUFFINS

One cup of corn flour, a half cup of wheat flour into which sift a teaspoon of salt and

the same amount of baking powder, and one tablespoon of sugar. Beat in the yolks of two eggs, a cup and a half of milk, and a heaping teaspoon of lard. Mix smoothly and add the beaten whites of the eggs. Cook in buttered muffin rings on a hot greased griddle; turn with a slice to brown both sides.

CORN-MEAL CRUMPETS

Scald one quart of corn meal with one quart of boiled milk, let stand until it is lukewarm. Stir in a tablespoon each of lard and butter, two tablespoons of sugar, a saltspoon of salt, and an yeast cake dissolved in cold water. Beat smooth, pour in buttered muffin rings set on buttered pan, and bake fifteen minutes.

CORN CRISPETS

Pour one cup of boiling water over seven eighths of a cup of corn meal, two and a half tablespoons of butter, and a half teaspoon of salt. Mix and spread on a buttered pan an eighth of an inch thick; bake and cut into three-inch squares. Serve at once.

CREOLE CAKES

Pour one pint of scalding milk over as much

corn meal as it will wet, let it cool, then add two beaten eggs, a saltspoon of salt, a teaspoon of saleratus, and a pint of milk. Bake in small pans.

"POOR MAN'S" CORN GEMS

Stir one pint each of corn meal and flour, one teaspoon of salt, and two teaspoons of baking powder into a third of a pint each of milk and water. Mix to a smooth, firm batter and turn into greased cold gem pans. Bake fifteen minutes in a brisk oven.

ROYAL CORN MUFFINS

Sift together one pint each of corn meal and flour, a tablespoon of sugar, a teaspoon of salt, and three teaspoons of baking powder. Beat in two eggs and a pint of milk, mix smooth, and pour into cold buttered muffin pans, filling them three quarters full. Bake fifteen minutes in a hot oven. A half cup of chopped berries may be added, in season, to these muffins, or chopped dates, raisins, or stewed prunes, in winter, added are very appetizing.

Waffles, Pancakes, Fritters, and Dumplings

CORN AND WHEAT WAFFLES

Mix two and a half cups of wheat flour, a half cup of sifted corn meal, a teaspoon of baking powder, and a teaspoon of salt together. Make a well in the center and pour in a heaping tablespoon of melted butter, two eggs beaten very light, and two cups of rich milk, stirring steadily as the liquid is poured in. Beat to a smooth batter. Heat and grease the waffle irons and fill them three quarters full of the batter. Cook over a clear brisk fire. Serve with fresh butter and powdered sugar.

IOWA WAFFLES

Pour one and a half pints of boiling water into a pint of corn meal and cook like mush for a half hour, adding a heaping tablespoon of butter and a teaspoon of salt. When done,

set aside to cool. Beat four eggs, whites and yolks separately; beat into the mush a teaspoon of baking powder, then the egg yolks. Add slowly two thirds of a pint of milk, sifting in, slowly, a pint of flour. Last of all add the whipped egg whites and cook in the hot greased waffle irons at once.

CORN MEAL AND RICE WAFFLES

Mix together a half cup of corn meal, a half cup of flour, a cup of cold boiled rice, a teaspoon of salt, half a teaspoon of baking powder, a tablespoon of melted butter, two beaten eggs, and a pint of milk. Beat well and bake in well-greased hot waffle irons.

GRIDDLE CAKES WITHOUT EGGS

One pint of corn meal, four tablespoons of flour, one level teaspoon of salt, and a teaspoon of soft butter. Beat well, and cook the cakes on a hot greased griddle.

CORN-MEAL FRITTERS

Beat with two cups of corn meal a tablespoon of soft butter, a tablespoon of sugar, and a teaspoon of salt. Add the beaten yolks of

four eggs, three cups of milk, and a half cup of flour with a half teaspoon of baking powder. Mix thoroughly, then fold in the stiffly beaten egg whites. Drop by the spoonful into hot fat and fry a golden brown; drain on coarse brown, or blotting paper. Serve in a napkin dusted with powdered sugar. Crushed fresh fruit juice, maple syrup and chopped nut sauce, vanilla syrup sauce, or hard sauce, may be served with the fritters. A half cup of chopped fresh berries, a shredded pineapple, or a grated apple added to the batter is always good.

INDIAN DUMPLINGS

The dumplings were used by the Indians in a venison stew. Take a pint of corn meal and pour over it a half pint of boiling water, or a little bit more if it swells too dry. While hot, mold into dumplings, dipping the hands in cold water every minute to keep from burning the flesh. Drop the dumplings in the boiling stew and cook fifteen minutes closely covered. Lift with a skimmer before dishing the rest of the stew. The Indians speared them from the pot with forked sticks, cut for the purpose, in place of forks.

RAISED GRIDDLE CAKES

Scald one cup of white corn meal with one pint of boiling water, add two cups of flour while warm, one tablespoon of brown sugar, two cups of milk, and an yeast cake dissolved in a little cold water. Let rise overnight. In the morning add two beaten eggs, a teaspoon of salt, the same quantity of baking powder, and if too thin add a little more meal or flour. Beat well and cook on well-greased griddle.

QUICK CORN GRIDDLE CAKES

Scald one pint of corn meal with one pint of water; let stand, and when cool add three beaten eggs, a saltspoon of salt, a teaspoon of sugar, and five teaspoons of cold milk. Cook on hot greased griddle.

CORN-MEAL FLAPJACKS

Make a sponge of two cups of corn meal scalded with one quart of boiling milk, adding a teaspoon of sugar, and a tablespoon of butter. Let stand overnight. In the morning add the yolks of two eggs, a scant cup of flour, a teaspoon each of salt and baking powder, and

last of all the beaten whites of two eggs. Cook on well-greased hot griddle, making the cakes larger around than the ordinary pancakes.

KENTUCKY CORN DODGERS

Scald with enough water to leave a molding dough, one quart of corn meal, one saltspoon of salt, and one teaspoon of sugar. Let stand to swell and get cool enough to handle. Stir in a teaspoon of soft butter and mold into small oval cakes. Have a hot griddle well greased and cook the little cakes, browning them on both sides. As the cakes are nearly an inch thick they must cook rather slowly to get well cooked and done all through.

POP-CORN BALLS

Pop the corn in the usual way, throwing out all unpopped kernels or grannies. Put into a stew pan a pound of sugar and two thirds of a pint of cold water; boil until it makes a soft ball when a little is dropped in cold water, then take from the fire and add eight tablespoons of gum-arabic solution, which should be of the consistency of molasses. Place the corn in a good-sized pan and pour the mixture over it, stir with a spoon, until

well mixed, then with floured hands form into balls. Pop-corn is eaten plain, salted, with hot butter turned over it, or sprinkled with a light sugar syrup.

CANDIED POP-CORN

Put in a saucepan three tablespoons of water, one tablespoon of butter, and one cup of confectioner's sugar. Boil until it begins to brittle in cold water, then stir in three quarts of popped corn and stir briskly until the candy syrup is all over the corn. Take from the stove and stir until cool and the corns are crystallized and separate.

CORN PRALINES

These are made by taking a vanilla syrup, just before it brittles in cold water, and stirring into it freshly popped corn and stirring briskly when the syrup begins to grain, then throwing the corn into a sifter to shake off the loose sugar.

PARCHED CORN

This is made of corn that is browned in a pan on top of the stove and salted slightly.

Indians considered it very nourishing and carried it on long journeys. Children are very fond of it, for it tastes like salted nuts.

SALAD DRESSING

Mix a quarter cup of corn oil with a saltspoon of salt, a saltspoon of white pepper, a half saltspoon of mignonette pepper, a saltspoon of sugar, and three tablespoons of tarragon vinegar. Beat until blended thoroughly and it is ready for use. For mayonnaise it is wise to add a little olive oil to the corn oil which is dark in color and rather heavy for a fine dressing. The oil, until recently, was used only as a cheapening agent for other oils.

Glucose, another corn product, comes in convenient form for household use and many cooks use it to help sweeten in place of sugar, especially in ice cream and in preserve making.

Green Corn Cookery

GREEN CORN SOUP

Cut with a sharp knife corn kernels from fresh ears to make one pint, throw the cobs into enough cold water to cover them, and cook thirty minutes. Strain and add to water which should be boiling, the corn pulp, and cook fifteen minutes, then add one pint of milk, a teaspoon of salt, a saltspoon of pepper, a teaspoon of sugar, and thicken with a tablespoon of butter rubbed to a cream with a heaping teaspoon of flour. Boil up and serve at once. Toasted bread squares are usually served with the soup.

CORN PURÉE

Grate the corn from twelve large ears. Put the cobs in enough water to cover them, with one chopped onion and a blade of mace. Cook twenty minutes then strain and set aside. Rub together one ounce of butter and two

tablespoons of flour, add to this one quart of chicken broth that has had all fat removed. Cook five minutes, then add a teaspoon of salt, a saltspoon of pepper, and the corn water. Boil ten minutes, pass through a purée sieve, and serve hot. The purée may also be made by using milk or cream instead of the chicken broth.

CORN CHOWDER

Cut corn from enough cobs, say a dozen and a half ears, to yield three pints. Boil the cobs for twenty minutes, in water enough to cover them, then strain. Slice a quarter pound of fat, salt pork, and lay on the bottom of the chowder kettle; cook gently for five minutes. Put in a layer of thinly sliced onion, a layer of sliced potatoes, a layer of corn, butter, pepper, salt, two teaspoons of sugar, and then in layers onions, potatoes, corn, and seasoning. Add a pint of the corn water and a pint of rich milk. Mix three tablespoons of flour with a little cream and turn in last. Cook gently, after it begins to boil, for thirty minutes, then add five broken pilot crackers, that have been wet with milk; cook fifteen minutes longer, and if the chowder seems too dry as it cooks add a little more of the corn water. If liked

a cup of stewed tomatoes may be added or two layers of sliced fresh ones may be tucked in, but the true chowder is better without them. The chowder may be made of canned corn when fresh is out of season.

SUCCOTASH SOUP

Cut the corn from a dozen and a half ears of corn and set aside. Put the cobs into a kettle with three pounds of lean veal, a sliced onion, and a stalk of celery. Boil until the meat is tender, then remove it and strain the liquor. Put in the corn and a pint of shelled lima beans. Cook for a half hour, then add a quart of rich, hot milk, a little sugar, pepper and salt to taste, and thicken slightly with a little butter and flour rubbed to a smooth paste. For the meat, which must be kept hot, make a rich brown sauce and slice the meat into it; serve on a hot platter with a border of boiled samp. This makes an economical dinner. Potatoes may be added to meat gravy if desired.

CANNED CORN SOUP

Take a large can of any good brand of sweet corn and put into a saucepan with a quart of

boiling water, a stalk of celery, and a grated onion. Boil for an hour, put through a purée sieve, and add a pint of hot rich milk, pepper, salt, a teaspoon of sugar, and a lump of butter; beat two eggs light and add to a cup of cream, and pour in at the last minute; blend thoroughly and serve with toasted croutons fried in hot fat.

BOILED CORN

Select as many ears of ripe tender corn as are needed; husk it and remove the silk carefully, and plunge it into boiling water to cook twenty minutes. Do not add salt for it toughens the corn. Lift the corn and serve in a napkin.

ROAST CORN

When not convenient to roast corn before the camp fire, boil as directed above, then lay the ears on the gridiron over a steady fire, turning them with a long steel fork as they roast, which they do very quickly; brush over with butter, sprinkle with salt, and serve at once.

STEWED CORN

Cut the corn from a dozen ears, add a pint of water, a half pint of milk, and put in a

double boiler to cook. Cook twenty minutes, uncovered, then add a tablespoon of butter rolled in flour, salt and pepper to taste, two teaspoons of sugar, and, just at serving, a little cream. Canned corn may be cooked in the same way only it need not cook quite as long.

SUCCOTASH

Cut the corn from fifteen ears of tender corn. Cut one medium slice of pickled pork into cubes, fry it in a large steel frying pan until the cubes are a delicate brown, then put in the corn and a pint of milk; boil gently for twenty minutes. Add a teaspoon of salt, a saltspoon of pepper, a tablespoon of sugar, and a quart of fresh young lima beans that have been boiled in fair water until tender and carefully drained. Add a tablespoon of butter that has been worked to a paste with two teaspoons of flour. Blend and serve hot. This old Indian dish was probably served originally without the seasoning or thickening that is used by modern cooks.

GREEN CORN PUDDING

This dish is for the meat course or for a luncheon dish. Grate the corn from twelve ears, add four beaten eggs, two tablespoons

of melted butter, one tablespoon of sugar, a saltspoon of salt and pepper each, and three cups of sweet milk. Blend well and turn into a buttered pudding dish, sprinkle a few very fine bread crumbs, with a little grated cheese, over the top, and bake for about an hour depending on the heat of the oven.

CORN OYSTERS

Mix one pint of grated corn with a tablespoon of melted butter, three tablespoons of milk, three beaten eggs, a teaspoon of salt, a saltspoon of pepper, and a teaspoon of sugar. Mix well and blend in three tablespoons of flour, drop by spoonfuls in a frying pan with hot lard two inches deep. Hold the spoon close to the fat when dropping the batter to make the oyster a better shape. Drain them and serve garnished with parsley and lemon quarters.

CORN FRITTERS

Grate the corn from twelve ears. Make a batter of a half cup of flour, sifted, with a teaspoon of baking powder, a teaspoon of salt, a tablespoon of butter, and four beaten eggs. Add the corn, blend carefully, and drop by spoonfuls into hot fat. Drain the fritters, dust with powdered sugar, and serve in a

napkin. If for a vegetable omit the sugar and dust with pepper and salt.

CORN BAKED WITH TOMATOES

Cut from the cob with a sharp knife, first slitting the kernels lengthways, then scraping them down with the back of the knife to press out the pulp. Use enough corn to make one quart of pulp. Add four sliced tomatoes. Butter a deep baking dish and put in a layer of corn, then a layer of tomato, a tablespoon of bread crumbs; dust with pepper and salt, a teaspoon of sugar, and dot with butter. Proceed in this way until the materials are used; turn over the juice of an onion and a small cup of cream. Bake in a medium oven for thirty-five minutes.

CORN OMELETTE

Make a good omelette batter the usual way, using four eggs. Cut the corn from three ears that have been boiled fresh, or left over. Add corn to the batter and cook the omelette in the usual way in a hot buttered omelette pan.

CORN WAFFLES

Grate corn enough to make one pint; add to it the beaten yolks of six eggs, one cup of

cream, one cup of sifted flour, and a teaspoon of salt. Beat the whites of the eggs stiff and fold them in. Cook in hot well-greased waffle irons and serve at once.

ONIA TEI DA

This was an old Indian dish and is interesting, for it was the forerunner of the Mexican hot tomales. It was made by the Zuñi and Western Apache tribes. Scrape the corn kernels from a dozen ears of fresh tender corn, put it in a mortar and pound it to a milky paste; add pepper and salt, the juice of four wild onions, and make into small cakes, wrapping each in corn husks and tying them. Drop into boiling water and cook forty-five minutes; drain, remove the wrappings, and serve with a little bacon grease poured over them and a piece of fried bacon on top of each. These cakes can be made to-day just as well and be quite as tasty with the corn run through the chopping machine, and a grated cultivated onion used to take the place of the wild variety.

DRIED CORN

For drying, cut the corn from the cobs and spread on wooden plates; place before an electric fan and dry as quickly as possible. The

old slow method of sun or oven drying was often unsuccessful because it was slow and the corn milk often soured before the drying was done, so it was not good. When dry it may be stored in paper bags or in tight boxes. When ready to use, the corn should be soaked for twelve hours or longer before being cooked. Cook it in any of the given ways, only cook a little longer than the fresh corn. There are several home dryers to be had if electricity is not available.

CORN CONSERVED ON THE COB

This is an old-fashioned recipe for what was known as "processed" corn. Remove the husks and silk from a basket of corn. Put the corn, and a large stone jar or crock full of water, in a tight wooden box. Now, in an earthen dish place some sulphur and set it afire, close the box tight, and let all smoke for eight hours. Open the box, turn the charred sulphur over, and light it again, closing the box overnight. Take the corn and immerse it in the jar of water, light some fresh sulphur, and let stand another twelve hours, then cork the jar, or cover it tightly. When ready for the corn soak it twelve hours, turning off the water two or three times, then boil it the same

as fresh corn. The old-fashioned way of canning corn is as good to-day as it used to be. Cut corn from the cobs, add a little salt, and a little water if it is too thick, stew until tender, and can hot in pint jars. Any of the new methods, however, will be successful if the directions are followed. Government bulletins give all methods and will be sent on request.

Farmer's Bulletin 841 issued by U. S. Dept. of Agriculture in 1917 says: "Cook young and tender corn in boiling water for two to five minutes to set the milk, then with a sharp knife cut the kernels from the cob, spread on plates, or trays, thickly, and place to dry. The yield is a pound of dried corn per dozen ears on an average."

In cutting corn for drying, or canning, care must be taken to cut down half of the kernel with the sharp knife, then with the back of the knife scrape down the kernels and milk. This removes danger of getting pieces of cob into the product.

STEAMED CORN

When corn is steamed the husks are left on the ears as it is done in a clam bake. But if preferred it may be husked, and after removing the silk it may be wrapped in a cheese-

cloth kitchen binder and then put into the steamer.

FRIED CORN

Cut corn enough from the cobs of freshly boiled corn to make two and a half cups. Add a level teaspoon of salt, a saltspoon of pepper, a teaspoon of sugar, and the juice of an onion. Heat in a frying pan enough olive oil to thinly cover the bottom. Pour in the corn, add to it the beaten yolk of one egg in a quarter cup of cream. Stir briskly, do not cover, and brown evenly; serve with steak.

DEVILED CORN

Work to a cream a half cup of flour and a quarter cup of soft fresh butter. When smooth turn over it one and a half cups of hot milk, and let come to boiling point; add a quarter teaspoon of paprika, a level teaspoon of mustard, three teaspoons of Worcestershire sauce, a quarter cup of bread crumbs, one beaten egg, one and a half teaspoons of salt, and two cups of corn cut fresh from the cob. Pour into a buttered pudding dish; after well mixing, dust the top with powdered crumbs, pepper, salt, and a little grated cheese; dot with little lumps of butter and bake.

CORN SALADS

Cut enough boiled corn from the cobs to make one cup, add it to one cup of boiled rice; add a saltspoon of salt, a half saltspoon of pepper, juice of an onion, and set aside to cool. Add a cup of chopped celery, a half cup of tartare sauce, and lay on lettuce leaves garnished with pimento olives.

SALAD HORTENSE

Cut the corn from six cold boiled ears and add to it one cup of chopped celery, one finely chopped onion, and a green pepper, fold in Russian mayonnaise and fill large tomatoes well hollowed out with the mixture. Place the tomatoes on lettuce leaves and garnish with tiny ears of French maize.

JELLIED CORN SALAD

Into two cups of highly seasoned tomato stock put two cups of cold boiled corn cut from the cobs. Dissolve two tablespoons of gelatine powder in a little warm water and when melted strain into the corn mixture. Pour into individual corn molds. Unmold on lettuce leaves, mask with mayonnaise, and

garnish with olive curls buttered with Anchovy paste.

CORN SANDWICHES

Take one cup of corn cut from the freshly boiled cobs, add to it a small can of Pate de Foie Gras, mix to a paste, add a dash of paprika, a tablespoon of chutney syrup and a saltspoon of salt. Lay upon whole wheat rounds lightly buttered with fresh butter.

CORN AND CLAM FRITTERS

Steam open a dozen medium-sized soft clams, take from the shell, and chop coarsely. Cut enough young and tender corn from the cob to make one cupful. Mix a good fritter batter using one cup of flour, a level teaspoon of baking powder, a pinch of salt, a saltspoon of sugar, two beaten eggs, a half cup of milk, and a half cup of the clam juice. Beat well, adding the corn and clams. Fry in deep hot fat, drain, and serve with tartare sauce.

GREEN CORN PIE

Cut the corn from three freshly boiled ears, add one cup of milk, one half cup of sifted flour, one teaspoon of soft butter, a tablespoon

of sugar, a half teaspoon of salt, a dash of pepper, and two eggs, the whites and the yolks beaten separately. Mix thoroughly and turn into a pie plate lined with tender pastry; put on top crust and bake.

KENTUCKY GREEN CORN PUDDING

One pint of corn cut from the cob, a saltspoon of salt, a tablespoon of butter, yolks of three eggs beaten with half a pint of milk. Mix thoroughly and bake in well-buttered pan until set in the middle.

CORN EN CASSEROLE

Parboil, blanch and dice a large pair of sweetbreads, dip them in melted butter, then in fine crumbs, pepper, salt and grated cheese mixed, lay them in a casserole with alternate layers of green corn cut from the cob carefully scraped so as to get all of the milk with it. Dot with lumps of butter, add the juice of an onion, a half cup of honey, and a small cup of cream in which one egg has been beaten. Sprinkle with a tablespoon of flour, cover and cook for an hour and a half in an even oven.

GREEN CORN CUSTARD

Grate corn from six large ears. Add to it

a cup of heavy cream, a saltspoon of pepper, a half teaspoon of salt, two teaspoons of sugar, a tablespoon of honey, a tablespoon of melted butter, and three well-beaten eggs. Pour in a buttered mold, cover, set in a pan of water, and bake one hour or until set like a custard. Serve with a hard or whipped cream sauce. The custard may be chilled before serving if desired.

CORN SOUFFLE

Cut enough young and tender corn from the cobs to make one cup. Beat in three fresh eggs, a saltspoon of pepper, a half teaspoon of salt, and a teaspoon of sugar. Pour in buttered souffle dishes and bake for ten minutes in a good brisk oven. Serve immediately.

CORN CHILO

Put through a chopper a pound of beef (round steak having a little fat will do), one onion, and a pepper with seed cone removed. Fry for a few minutes in a little tomato paste and olive oil, then add two tablespoons of chopped ripe olives, a tablespoon of chopped seeded raisins, and seasoning. Spread in a buttered pudding mold; slice over it two cold boiled eggs, a few slices of cold boiled

chicken, four sliced truffles, and a tablespoon of minced chives. Grate the corn from six large ears, fry it in hot fat, stirring steadily until it is a delicate brown. Add a level tablespoon of sugar, beaten with the yolks of three eggs, the beaten whites of the eggs and a little cream to the corn, then spread it over the pudding-dish mixture; bake a half hour, dust with powdered sugar. Bake long enough to brown lightly.

Desserts

BAKED INDIAN PUDDING

Bring one quart of milk to boiling point; add a cup of corn meal that has been wet up with a little bit of water; boil, tightly covered, for an hour; cool a little, then add a small cup of butter, a cup of molasses, a saltspoon of salt, grated juice and rind of a lemon, and last of all six well-beaten eggs. Pour into a buttered pudding dish and bake for thirty-five minutes. Two of the egg whites may be kept out and beaten with four teaspoons of powdered sugar to a stiff froth and spread as a meringue on top when the pudding is baked. Put in the oven one minute or so to brown the meringue. Whipped cream, or crushed fresh fruit, may be served with the pudding.

INDIAN SUET PUDDING

Heat to boiling a pint and a half of milk, and sift into it two small cups of corn meal; stir briskly until it thickens; then cool with a

pint and a half of milk, and add three beaten eggs, a quarter of a pound of beef suet chopped fine, four tablespoons of sugar, a cup of molasses, a saltspoon of salt, and a pound of large seeded raisins. Mix thoroughly and turn into a deep, lightly buttered pudding dish and bake for two and a half to three hours according to the heat of the oven.

BOILED CORN-MEAL PUDDING

Boil two tablespoons of sugar in two cups of boiling water, two minutes; then sift in two cups of white corn meal and boil like mush for five minutes. Add one cup of suet chopped very fine, one even teaspoon of salt, and one teaspoon of ground ginger; beat well and pour into a floured pudding bag and boil five hours. Dish and serve with hard sauce made of a cup of sugar and a half cup of butter creamed together, two egg whites stiffly beaten, a dash of grated nutmeg, a tablespoon of brandy, or a teaspoon of vanilla flavoring.

FRUIT PUDDING

Make the same as for the plain boiled pudding, only add a pint of well-washed blueberries,

strawberries, blackberries, or stoned cherries. Peaches are also good, as are big blue plums, stoned. For the fruit puddings use the Rocky Mountain sauce. This is made of a cup of sugar and three quarters of a cup of butter creamed together; add a beaten egg, a grating of nutmeg, a half gill of brandy or sherry. Set the bowl over the tea-kettle and stir until all the ingredients are incorporated in a smooth sauce. A plate should be put in the bottom of the kettle for the boiled pudding to rest on. If the hot pudding is taken from the boiling water and put under cold water for just a minute it will turn out of the bag without breaking. The water should be boiling when the pudding goes in and kept boiling every minute it is cooking.

NEW ENGLAND BOILED DINNER PUDDING

Mix in one quart of milk three cups of corn meal and a teaspoon of salt. Beat well and pour in a floured pudding bag, tying loosely to leave room for swelling. Boil with the meat for four hours; the vegetables are added the last half hour, and when done the pudding is colored red. Serve with maple syrup with chopped walnuts in it.

CANADA CREAM

Heat one quart of light cream hot, add three tablespoons of cornstarch blended with a little cool cream, sugar to taste, and allow the mixture to boil five minutes, stirring constantly. Add three stiffly beaten egg whites, boil up once, and take from the stove. When slightly cool drop the cream by spoonfuls on top of chopped and sweetened fresh fruit and chill before serving. The cream may be served plain also, then a teaspoon of vanilla or almond flavoring should be added before chilling.

POP-CORN PUDDING

This is a very old pudding originated by our pilgrim ancestors. Dissolve one and a half ounces of gelatine in two cups of hot water; add a cup of sugar, two cups of milk, a heaping cup of chopped pop-corn, and a pinch of salt. Cook for five minutes, then add the strained juice of three oranges, beaten whites of three eggs, a gill of cream, and a tablespoon of ginger syrup. Set aside to cool, in a wet mold. Serve whipped cream with the pudding.

BLANC MANGE

Thicken a quart of sweet rich milk with

four tablespoons of cornstarch rubbed smooth with a little of the milk. Add a saltspoon of salt and a half cup of sugar. Heat to boiling point; stir briskly as it thickens, care being taken not to scorch the mixture. Take from the fire, add a teaspoon of vanilla flavoring, and turn into a mold. Chill, and serve with whipped cream, or a melted jelly sauce. Crushed and sweetened fresh fruit in season is good to use with the pudding.

CORNSTARCH CAKE

Beat to a cream two cups of sugar and a half cup of butter; sift together two cups of pastry flour, one small cup of cornstarch, and two teaspoons of baking powder. Mix all with the butter and sugar, blending with a cup of sweet milk; last of all fold in the beaten whites of six eggs, and a teaspoon of lemon flavoring. Bake in a lightly buttered chimney pan and frost with lemon frosting. It may be used also as layer cake with a delicate filling.

CORNSTARCH CUSTARD, FROZEN

Scald one quart of rich milk. Blend two teaspoons of cornstarch in a little cool milk, turn into the hot milk and thicken, covering it and allowing it to cook for ten minutes.

Beat two eggs with three tablespoons of sugar, stir into the custard and let stand five minutes, then strain all into the freezer. When cool and beginning to set, add two teaspoons of vanilla and freeze hard. Sometimes called "country ice cream."

PILGRIM PUDDING

Beat together a cup of corn meal, a cup of maple syrup, a heaping tablespoon of butter, and a saltspoon of salt. Pour over a quart of boiling milk and let stand to cool a few minutes, then add a quart of rich milk and three beaten eggs. Pour into a three-quart greased pudding mold, cover, and bake all day, uncovering to brown the last few minutes. Serve with an old-fashioned cream sauce.

Sauce. One pint of milk, a pinch of salt, a teaspoon of butter, a half cup of sugar, two teaspoons of cornstarch, and the yolk of one egg. Blend, boil up to thicken, and serve hot.

CORN PRUNE MOLD

Stew one half pound of large prunes until done but not broken; sweeten and stand to cool. When cool remove the stones carefully

and slip blanched almonds into the prunes in their places. Have ready a quart of corn-meal mush, not made too thick and sweetened with a half cup of sugar; beat in a lump of butter and stir in evenly the prunes; pour in a wet mold and set aside to cool and harden. When ready serve with any good cold pudding sauce, or put the pudding into a steamer and steam twenty minutes before serving. Use a hard sauce or a boiled sauce with the pudding.

CORN GINGER PUDDING

Wet one scant cup of corn meal in enough cold water to make a paste, let stand ten minutes. Add a saltspoon of salt, a half teaspoon of ground ginger, one teaspoon of cinnamon, a cup of molasses, and a cup of finely chopped suet. Turn into a baking dish, well buttered; turn over the top two cups of milk and one of water without stirring and bake for four hours.

MAIZENA CAKE

Mix three ounces of maizena with four ounces of flour, one teaspoon of baking powder, three ounces of butter, five tablespoons of

sugar, and three quarters of a cup of milk. Flavor with rose water; beat in whites of three eggs whipped to a stiff froth. Bake, turn out and lay up with cream, soft icing, or a layer of fresh fruit and whipped cream.

MAIZENA BAVARIAN CREAM

The maizena is a fine corn flour. Take one cup of milk, a pinch of salt, and three ounces of sugar and put in a saucepan. When it boils stir in three ounces of maizena, the yolks of three eggs beaten in a half cup of milk. Stir, and add a teaspoon of vanilla and a few drops of almond flavoring, pour into a wet mold and chill. Take the whites of the eggs and beat them stiff with a little powdered sugar, add to a half cup of cream, use a few drops of flavoring, and serve as sauce with the pudding.

CORN-MEAL CAKE PUDDING

Pare and slice six large or twelve small apples. To one quart of milk, add one quart of corn meal, a teaspoon of salt, four tablespoons of chopped suet, a cup of molasses, and a teaspoon of soda dissolved in a little hot water. Pour all into a greased mold and steam for four hours. Unmold and serve with good hard or brandy sauce.

DRIED APPLE CORN PUDDING

Scald with a pint of milk two cups of Indian meal, and when slightly cool add a cup of sifted flour, a half cup of suet chopped fine, a saltspoon of salt, and two cups of dried apples that have been soaked in water until swelled then mixed with a half gill of molasses. Tie in a floured pudding bag and boil or steam for five hours. Serve a sweetened and flavored drawn-butter sauce with the pudding.

TAPIOCA AND INDIAN PUDDING

Soak a half cup of tapioca overnight; in the morning scald it with three quarters of a quart of milk; add four tablespoons of corn meal, wet in the rest of the quart of milk, a tablespoon of soft butter, and boil ten minutes. Cool, and add a pint of sliced tart apples, a cup of sugar, and two beaten eggs. Beat well and pour into a greased pudding mold. Cover, and bake two hours, then remove the cover and bake an hour more. Serve with a good boiled sweet chocolate sauce.

VIRGINIA HOMINY PUDDING

Wash four tablespoons of hominy, and boil

with water to cover, and a saltspoon of salt. Cook in a double boiler. When done add a quart of hot milk; cook until the hominy is tender. Take from the fire and add a generous lump of butter, eight tablespoons of sugar, a grated lemon rind, and four beaten egg yolks. Pour into buttered baking dish and bake until set, then turn over the beaten whites of the eggs beaten with sugar and the juice of the lemon. Return to the oven and bake until the top is a delicate brown.

MOCK CANTALOUPE PUDDING

Bring one pint of milk to boiling point with a cup of sugar. Add two tablespoons of cornstarch that has been mixed with a quarter pint of milk. Add a saltspoon of salt and cook for five minutes. Add three beaten egg yolks, cook two minutes, then set off the fire and add the three beaten egg whites, cook one minute, stirring constantly. Lightly butter a melon mold, sprinkle it with the grated rind of a lemon, pour in the pudding, and set away to cool and then to chill. Serve with a lemon sauce made of a cup of sugar, a half cup of water, a teaspoon of butter, and the juice of a lemon. Boil for five minutes then cool before serving.

CORN SHORT CAKE

Select any of the recipes for quick corn bread and pour the batter into two buttered layer-cake pans, quarter full only, and bake. Turn out, butter, and lay up the usual way with berries that have been cut in half and allowed to stand covered with sugar, cut-up peaches, shredded pineapple, or dainty stewed fruit. Serve hot and fresh with a bowl of whipped cream or a little hard sauce.

NURSERY PUDDING

Beat three eggs into a quart of milk, add a cup of sugar, a pinch of salt, and three tablespoons of cornstarch blended with a little bit of milk. Put in a teaspoon of flavoring and boil in a double boiler until thickened or bake in a lightly buttered dish. Serve hot or cold.

CORN ROYAL SANDWICHES

Bake a quick corn bread after any of the recipes offered and when it is cold split it with a sharp knife and spread with currant jelly or orange marmalade; cover, and cut in squares, dust with powdered sugar and pile sandwich fashion on a plate. Serve as soon as made.

CORN PUFFS

Take freshly baked corn muffins and with a teaspoon take out some of the center and fill with the following cream. Take a quarter pound of fresh butter and cream it with four ounces of confectioner's sugar; add a level teaspoon of cornstarch and a teaspoon of coffee essence. Fill the muffins and cover the outside. When the muffins are served put a spoon of whipped cream on top of each with a candied cherry in the center.

CARAMEL CORNSTARCH PUDDING

Make a caramel by melting a half cup of granulated sugar in an iron frying pan, watching carefully that it does not burn. When melted and a good color add a half cup of boiling water, stirring until all is blended. Heat in a double boiler a pint of milk, add a half cup of the caramel. Mix a heaping tablespoon of sugar, a quarter teaspoon of salt, four tablespoons of cornstarch, with two tablespoons of water. Turn the hot caramel milk into the cornstarch mixture, blend all, and pour back into the double boiler to cook for forty-five minutes, stirring often. Pour into small wet molds and set away to cool and chill. Unmold and serve with whipped cream.

CRACKERS

Sift together one and a half pints of flour, a half pint of cornstarch, a half teaspoon of salt, a tablespoon of sugar, and a teaspoon of baking powder. Rub in a tablespoon of lard, add a half pint of milk, and mix to a smooth dough. Flour the molding board, turn out the dough, knead it lightly until perfectly smooth, set aside covered for ten minutes, then roll it out very thin, cut in rounds, and prick them with a sharp fork. Lay upon buttered shallow tins, wash over with milk, and bake seven or eight minutes. Store in a tin box in a dry place until used. Sprinkled with grated cheese and heated in the oven the crackers are good to use with the salad course.

JERSEY CORN-MEAL PUDDING

Stir three quarters of a cup of corn meal into a pint of milk and cook until it boils, stirring constantly. Add a pint of cold milk, take from the fire, stir in a cup and a half of sugar, a level teaspoon of salt, three beaten eggs, a tablespoon of molasses, a dozen large seeded raisins, and a tablespoon and a half of finely chopped suet. Pour in a buttered baking dish and bake in a moderate oven one hour.

CORN TUTTI FRUTTI

Make one quart of mush in the usual way. When done add a cup of sugar, a heaping tablespoon of butter, one cup of ground nut meats, a half cup of chopped raisins, and a dessert spoon of vanilla flavoring. Beat well and turn into a deep serving dish. Make a pineapple jelly of one ripe pineapple chopped and cooked with three cups of water for half an hour, then add one and a quarter ounces of gelatine powder dissolved in a cup of hot water, small cup of sugar, juice and rind of a lemon, beaten white and crushed shell of an egg. Boil up once, strain, and add a cup of chopped fresh fruit drained when cool, turn over the mush and put in a cold place to set. Serve whipped cream with the chilled dainty.

GENERAL REMARKS ON INDIAN CORN.

By CHARLES J. MURPHY

"If the women of the present day would learn anew the processes of cooking corn bread, it would become fashionable, the family would be more healthy, and there would be great satisfaction in ministering to the better appetite and condition it would bring to each member of the family."—C. F. CLARKSON.

IT has been said, perhaps truly, that a well-to-do French family would live on what many an American and English family in the same sphere of life annually wastes. In such a case there is little doubt that the more economical is the better living of the two. To make the best of what we have is one of the sciences not taught in the schools, and is unknown in many households in our land of plenty. I write in the interest of good living as well as mere economy in expenses,—meaning by good living not only the preparation of palatable food, but also food conducive to health, comfort, and length of days.

The most abundant food product of America

is Indian corn. In the State of Iowa alone there were over 300,000,000 bushels raised in 1888. The crop of the entire country was over two thousand millions of bushels in the same year. This crop in Iowa would average to each man, woman, and child in the State about six tons—or enough to furnish bread for forty millions of population. When we consider that this vast amount of food is produced upon less than one fourth of the acreage within her boundaries, and under very primitive forms of culture, it is seen that the amount may be doubled, and that the real bread-producing capacity of the State is sufficient for eighty millions of people.

To bring the attention of housewives, economists, and philanthropists to the possibilities presented in this immense food supply is well worthy our best endeavors. It is commended to their attention as offering variety easily obtained, toothsome dishes on short notice, and a diet, when discreetly combined and varied with other foods, that is eminently suited to most climates and conditions. That the judicious use of it will add to the comfort and health of the well-to-do is no less true than that the knowledge of its proper use may be a boon to such as wish to exercise due economy.

It has been said that dyspepsia kills more people than spirits. It is certainly true that the constitution and the character are being undermined by this insidious foe. This is not so much the result of over-feeding and hasty eating as from the character of the food consumed. Dyspepsia is the bane of those whose bread must be of the superfine order, and who despise foods that are not expensive.

Horace Mann said in his lectures to young men nearly half a century ago: "No glutton or dyspeptic can stand up alongside a man with a sound stomach." The first organ that Nature made for a living creature was a stomach. The first lesson of education is how to eat. It is the most important as well as the first. If proper habits of eating are formed by the young, and the principles that underlie the science of nutrition are understood by them, they can then be more safely entrusted to the college, which is generally the paradise of ignorance and stupidity in all matters pertaining to the stomach. Brains are supposed by the schoolmen to be alone worthy of consideration. To give head culture is the object of the college, and the course of nutriment is so much neglected that good head work becomes impossible. An active mind is the aim, whether or no the body be sound—and

on this principle the schools often ruin the best brains, while the coarser fellows, with sound stomachs, first reach the goal of success.

The possession of a good digestive organ is more important than that of good eyes, good ears, a large brain; for these all depend for their health upon the nerves of nutrition; and if not properly supplied the organs lose their power of acting, and become of little force. There can be neither clear vision, good hearing, nor sound mental perception, long continued, except through that nutrition which comes from properly digested food. Nine tenths of the work of the schools is wasted because of indigestion. The dyspeptic stomach renders useless the finest brain.

Is it necessary to follow this subject into the realm of morals and piety? Fretfulness, moroseness, irritability, animalism, brutality, all may plead excuse in a foul stomach. These fill homes with sorrow, and from these come the so-called greater crimes and misfortunes which people our prisons and our hospitals.

Writers by the score can be quoted to show how cheap food vitally affects the well-being of the people. Andrew Carnegie, the eminent American financier and philanthropist, says, in his book, *Triumphant Democracy:* "The

close relation which exists between poverty and crime has received verification and repeated emphasis. It has been shown that a rise in the price of breadstuffs is attended by an increase of robberies — *cheap food*, on the other hand, is accompanied by a diminution of crime, and scientific principle is thus added to sentiment in the song of *The English Roast Beef*—

> "The man that's well fed, Sir,
> Can never do ill."

The necessity of the hour is to find and apply a preventive rather than a cure. The latter is often difficult where the former may be easy. If it be true that Nature makes no mistakes, may it not be that in the free use of the most abundant food she has provided is to be found the panacea for the many ills growing out of indigestion? It is not reasonable to expect that all will accept this thought kindly. The haughty Syrian refused to wash in the waters of the humble Jordan, and preferred to live in his uncleanness rather than demean himself before his fellows. His life ended thousands of years ago, but his race is not extinct.

Maize is used in a few other countries as a porridge, or pudding, and in this condition is

eaten alone or with meat, syrup, milk, or other agreeable foods. In Ireland such a dish is known as stir-about, and in Italy as *polenta*.

In tropical countries maize grows to a great height, and three crops may be produced in a year. I have seen this on the Rio Grande River in Mexico, in Southern California, and in South Africa. I have witnessed two crops a year gathered in the interior of China, and saw it grow luxuriantly on the island of Juan Fernandez in the South Atlantic Ocean. In high latitudes varieties that mature in fifty days are grown, and the stalks are not more than thirty inches high. The variations in the plant as well as the grain are many. The sweet varieties, and notably those with wrinkled kernels, form a delicious food when boiled as whole ears, and make a part of numerous dishes when cut from the cob and combined with other vegetables and meats. The green ears roasted on the hearth, or by the burning heaps in the old-time clearing, or cooked by being buried in the hot embers and ashes, made many of the long remembered and toothsome feasts of the pioneers of the forest.

When in this unripe condition, our grandmothers cut the grains from the cob and dried them by the fire or in the sun. Tablecloths

were spread upon the roofs of the cabin; platforms were extemporized from rough boards; pans were brought into use, and during the brief season of drying the thrifty housewife spared not, but laid up stores for the winter. This was a custom derived from the aborigines from whose tripod hung the pot of half-dried meat mingled with corn, and kept the gaunt wolf from the wigwam.

Their penned corn, shelled and parched, often appeased the hunger of the savage, as well as that of the white man who was upon his retreating steps. When mills for grinding were distant some days' journey, and the route was over the trackless waste, and the storm was in the air, many a family on the Western prairie has lived on parched corn until a supply of other food could be had.

The hominy mortar is now only a tradition. To our grandfathers and more remote ancestors it was a beautiful reality. In its most substantial and effective form it was made by excavating a large and deep bowl in the top of an oaken stump. The finishing touches were made by fire, and when with great patience it was smoothly finished it was a work of art. The pestle to this huge mortar was of hard wood, rounded on the end, sometimes tipped with an iron wedge, and suspended

from a spring-pole over the mortar. By means of this implement the hulls were beaten and worn from the flinty grains which were more or less broken in the process, and the resultant product was called hominy. The word is a corruption of the Indian name for parched corn. In this form it was boiled in water, and dressed with milk or cream, and seasoned to the taste.

So popular and so palatable was this dish that in some parts of Indiana and Kentucky its use was not abandoned for many years after the grinding process supplanted it by a saving of the labor and care in its preparation. In the latter State its manufacture by aged negroes was not uncommon forty years ago, and, possibly, is not to-day. Hand-made hominy was bought as a luxury after the grinding mills made the cheaper article a common food.

Another dish called hominy was made by eating the hulls from the grain with a strong lye of wood ashes. It was also cal ed hulled corn—and was boiled in water till thoroughly cooked. It was eaten with milk, or heated in a frying pan with butter, or grease from the fried pork, and was a favorite breakfast dish. This kind of hominy was especially popular with the early settlers in Pennsylvania, and is

still a favored dish among their descendants. In countries where coal is the leading fuel, the hulls may be taken off by using potash.

In these forms and in that of breads made from corn ground on the primitive mills of the remote settlements, this grain, with pork, lard, and bacon, was the basis of the common food of the people, and in the unstinted hospitality of those times everybody was invited to partake of "hog and hominy" wherever they might happen to be at the hour for meals. This was the pioneer grain, and the principal food of the pioneer. It cost little for labor and less for seed, and in the absence of means of transportation the market price was merely nominal when it was abundant. Hogs were raised in half or wholly wild state, and fattened upon the mast. Cattle ran on the range in summer, and a trifle of hay or the cane-brake put them through the winter. Milk, meat, and eggs were the proper supplement to the nutrient elements in the corn, and on these foods there was grown a race never surpassed in health and vigor in all the world's history.

MUSH AND MILK

Among the earliest and most popular dishes following the introduction of mills was pud-

ding, or "mush" from corn meal. In its simplest form it was made by stirring the meal into boiling water, seasoning with salt, and keeping the pot at a boiling heat until the pudding was done to the taste. This dish with milk often made the evening meal. The family would surround the table, each with a bowl, porringer, or tin cup, into which milk was poured, and each with a spoon helped himself from the great dish of pudding in the center. A large spoonful of the pudding was placed in the milk in each individual porringer, and eaten by the possessor at his pleasure. In some cases the mush was eaten with butter instead of milk. Some preferred it with molasses. In the time of making maple sugar or syrup the young folks had a faculty for making a combination of these elements—often surreptitiously—that was highly satisfactory.

The customary method of serving left-over mush for breakfast was in the form of "fried mush," a dish happily not yet forgotten and never despised in the *cuisine* of the most fashionable families and hotels of the present day.

BREADS

But the primitive breads made from corn meal were not to be despised. These, with the

great open fire-place, the huge crane, the grotesque irons, the blazing logs, the beds of embers, coals, and hot ashes, and the jamb on which our grandmothers whetted the knife with which the smoked ham was cut for the frying pan, have all disappeared. They remain only in the memories of the aged, savory and sweet smelling, and suggestive of joys that are past.

Of these our grandmothers have described with enthusiasm the corn-dodger. In its best estate it was a carefully mixed and seasoned dough made from corn meal and water, wrapped in wet corn-husks, pressed into a flat form, and baked in the hot coals and ashes. These cakes were brought to the table directly from the glowing hearth, broken (not cut), and eaten with butter or hot gravy from fried ham. In later days there was a counterfeit of the same name, baked in iron skillets, but without the flavor of hickory ashes, and did not belong to the same family.

The "johnny-cake" and hoe-cake are of the same era as the ash-cake, or "dodger," and were baked before the fire, rather than in the coals. The hoe-cake is supposed to have taken its name from the dough having been spread upon a hoe near the fire till baked. The johnny-cake was made by spreading the

dough rather thinly upon a board (commonly a split clap-board, or "shake," made for roofing the cabin), and placing the same upon the hearth, so arranging it that the heat would bake it rapidly without burning it. But these breads passed out of fashion as cast-iron griddles, skillets, and ovens came into use.

With these came the more elaborate cakes and loaves into which milk and eggs entered, some of which were called "pones," corrupted from the "paune" of the Indians. Some of these breads have a degree of popularity even at the present day.

HOW TO GRIND

The importance of the *manner of grinding* corn for human food is not generally understood. The steam-mill with its huge burr mill-stones, in the hands of a miller whose ambition is quantity, and who knows nothing of quality, cuts and burns all the life out of the meal, and leaves it a heavy, dead mass. The cook may use all the customary appliances for making light and palatable bread, but all in vain. The small millstones that were driven by horse-power, the capacity of which was about three bushels per hour, and through

which the meal came cool and lively, with a "grain" perceptible to the touch, when manipulated by a miller who knew exactly the desired quality, gave results quite satisfactory. Next to this the old country custom-mill, driven by water, made the best meal. This fact is of *prime importance.*

QUALITY

There are also great differences in the qualities of the corn from which meal for family use is made. Without entering upon a discussion of the endless varieties of corn, and of their constituents, it may simply be said that bright, clean, white flint corn ought to satisfy the most fastidious. It may also be mentioned that it should be as fresh from the mill as may be practicable. If allowed to mass together for a few weeks, even though it may not heat, it loses its quality.

The farmer who grinds for his live stock, may often select with a sieve, from corn of good quality, ground at home, better meal for his table than he can get at the mills and stores. It is hoped that this hint may not be lost on the wife of the farmer who has a feed mill. To make this entirely certain, every farmer who has such a mill would do well to

plant sufficient white flint corn to supply his own table, and have some to spare for his less fortunate neighbors.

HYGIENE

The use of Indian corn as human food has been so greatly diminished within the past forty years as to demand an explanation. Is it because it has been supplanted by foods that are more healthful or more palatable? Is it because of any necessary difficulty in its manipulation? Can it be that it has simply fallen into disuse because it is so abundant and so cheap as to become unfashionable? All of these propositions except the last may unhesitatingly be answered in the negative.

Its healthful character may be argued both from its inherent qualities and its history as a food. When properly prepared it is highly nutritious, especially in the winter, and is, of itself, a preventive and cure of that worst foe to the health of those engaged in sedentary occupations, namely constipation. This is probably not due to any peculiar element which it contains, but most likely to its mechanical properties, by which it stimulates the peristaltic action of the alimentary canal. However that may be the fact remains; and

it is not possible to assert with confidence that a liberal use of the various foods prepared from corn meal would not very greatly ameliorate the condition of many who are sufferers from the too constant use of fine flour and other too highly concentrated foods. Many experiments within my knowledge are strong proofs to me that in many cases foods from Indian corn are worthy of a fair trial for health alone.

It is stated upon good authority that the use of corn meal as a food once each day for five months has been known to cure an obstinate case of dyspepsia. The reasonableness of this statement is enhanced by the fact that this disease was scarcely known in America fifty years ago; and when it is considered that the inordinate use of hog products was more or less frequent at that time, is it not reasonable to suppose that Indian corn measurably prevented unfortunate results from the otherwise gross diet of that period?

Reader, remember that what is put forth is in the interest of better as well as cheaper food. If any one shall pass it by with a sneer because it treats of the possibilities of a food that is within the reach of the poor as well as the rich, let such an one reject also the fresh air and every other universal blessing. But, let it be remembered that while Indian corn is

so plentiful and cheap, and that waste is the rule rather than the exception, yet there is no excellence even in the foods prepared therefrom, unless care and wisdom unite in the selection of the material and in its manipulation.

Having with some care investigated this subject, I conclude it is the duty of each one to live up to his privileges. If it has been given to us to have better methods than the savages who once claimed our fair land, or even better methods than were possible to the pioneer settlers, we shall only prove ourselves worthy of the better methods by exemplifying them in our lives, and teaching them to others who know not of them. If we live up to our privileges we shall be far from treating God's most abundant gifts with scorn.

Nature makes no mistakes. She provides a diet suited to every climate. The Greenlander has his blubber; the inhabitant of the torrid zone has his fruits, while the Southern Briton in his milder environment takes his grass at the second remove in the form of beef. The American has been bounteously provided for. His fields wave with grass; his cribs are bursting with corn; the cattle on a thousand hills are his; and he may take his corn in the ear, in the grain, from the hands of the miller and the cook; or he may have it at the

second remove in savory roast or stew of corn-fed beef, or corn-fed mutton, or corn-fed pork or bacon, and not foolishly flout a wise Providence.

But while Indian corn is a standard and necessary food, in its crude forms, as well as in those of bread and porridge, it has, in its finest flours, and in certain forms of cornstarch been introduced, and is used in the preparation of dessert puddings and blanc mange, for which it seems better fitted than the flour or wheat. Thus millions find nutriment, and other millions agreeable variety, and even luxury, in the various preparations of Indian corn.

FRESH MEAL

Meal as well as flour is liable to lose its best quality by want of care, or the mere lapse of time. Dampness may be absorbed from what seems to be a dry atmosphere. Heat and moisture very rapidly affect even corn in the ear, or shelled, but much more rapidly when ground.

Insects seem to be attracted by the sweet scent of freshly ground meal, and to have an instinct to deposit their eggs therein. Its almost imperceptible fermentation produces

heat that soon starts them into life, and the quality of the meal is destroyed long before there is any visible mold, or other unfavorable sign apparent to the common observer. But the intelligent cook, by sight, or touch, or smell, will detect age in the meal, and turn it to another destination than the human stomach. Good bread, or any other preparation from Indian meal for the food of man, can only be made from freshly ground corn, and from that which has been ground upon a mill adapted to that purpose. Of late years this obstacle to its use has been very much overcome by kiln-drying the meal. By this means the moisture is dried out of it, and it can be shipped long distances and kept a considerable while without the slightest deterioration. Great quantities of kiln-dried meal is sent to the West Indies annually, one firm in Ohio alone sending there fifteen thousand barrels a year.

SOUTHERN CORN

There are many varieties of corn. They show under analysis their elements in different proportions. Some of these are better suited than others to table uses. The savage Indians raised the sorts that were most palatable

under their simple modes of cooking. The Southern planter grows the white flint corn for his table, and the larger, softer, yellow corn for his mules, pigs, and poultry. The Northern farmer, with equal knowledge of quality, and more careful of details, should, by selection, be able to use the best variety for every purpose, with results of great importance to our interests in the matter of food supply.

These are facts that should be widely known. Under changed conditions in the South there is possibility of danger that some of the customs of the early days that are worth preservation may become obsolete;—and, among others, the making of the very best foods from Indian corn may finally be numbered among the lost arts.

ANALYSIS

The elements of which Indian corn is composed, in the proportions in which they are combined in the best varieties, do not seem to be equally suited as a food to all conditions. Being carbonaceous and nitrogenous,—fat-forming as well as muscle-forming,—it is a better food in winter than in summer. For the same reason it has its complementary foods,

which, as far as practicable, should be eaten with it. These are the albuminoid foods, such as eggs, milk, peas, beans, lean meats, etc.

COMPOSITION OF CORN MEAL

Water	14.5
Nutrients	85.5
	100

Nutrients consisting of Protein	9.1
Fats	3.8
Carbohydrates	71.
Minerals	1.6
	85.5

A comparison of the calories and potential energy of corn meal with that of wheat and potatoes gives the following figures for 1 pound of each of the articles mentioned as follows:

Corn Meal	1650
Wheat	1660
Potatoes	395

The above figures are taken from tables in a work on human dietary, issued in 1889, by United States Surgeon-General John S. Billings of Washington, a graduate of both Edinburgh and Harvard Colleges.

NOTE.—The composition of maize, as given by PAYEN, is as follows:

Starch	67.55
Gluten or zea	12.50
Dextrine or gum	4.00
Fatty matter	8.80
Cellulose	5.90
Salts or ashes	1.25

It is no doubt from the excess of oily matter, which, as seen above, is about nine pounds in every one hundred, that the meal is so prone to change by its attracting oxygen from the atmosphere. This explains what is said elsewhere as to the difficulties that surround its preservation on sea voyages and when stored in hot or damp climates.

INDEX

PAGES

Apple Johnnycake ... 59
Ash Cake ... 50
Bannocks ... 55
Bavarian Cream ... 99
Beef Scrapple ... 33
Biscuit ... 65
Blanc Mange ... 95
Brown Bread ... 55, 61, 62
Canada Cream ... 95
Chicken Sausage ... 33
Chowder ... 77
Clams ... 88
Coffee ... 44
Corn Bread ... 45, 47, 48, 49, 50, 52, 53, 54, 56, 57, 58, 59, 60–66
Corn Chilo ... 90
Cornlettes ... 35
Corn Meal for Breading ... 34
Cornstarch ... 96, 103
Crackers ... 104
Crackling Corn Bread ... 60
Creole Cakes ... 67
Crispets ... 67
Crumpets ... 67
Custard ... 89
Desserts ... 92
Dodgers ... 73
Doughnuts ... 63
Dried Corn ... 83
Dumplings ... 71
Fish Cakes ... 31
Flapjacks ... 72
Fritters ... 70, 81, 88
Frozen Custards ... 96
Fruit ... 93
Gems ... 68
Gingerbread ... 62
Gluten Corn Bread ... 64
Green Corn Cookery ... 76–93
Griddlecakes ... 70, 72
Gruel ... 34

PAGES

Ham Muffins ... 42
Hasty Pudding ... 28
Hoe Cake ... 50
Hominy ... 37–41
Indian Nocake ... 51
Johnnycake ... 51
Journeycake ... 51
Madeira Milho ... 42
Maizena Cake ... 99
Massachusetts Indian Cake ... 52
Mock Cantaloupe ... 101
Muffins ... 66, 68
Mush ... 28, 30, 31
Omelette ... 82
Onia Tei Da ... 83
Oysters ... 81
Parched Corn ... 74
Pemmican ... 35
Pie ... 88
Pinole ... 44
Polenta ... 29
Pone ... 53
Popcorn ... 73, 74, 95
Pork Scrapple ... 32
Pralines ... 74
Prune Mold ... 98
Pudding ... 80, 89, 93–95, 97–105
Puffs ... 103
Pumpkin Corn Bread ... 63
Purée ... 76
Rice ... 60
Rolls ... 65
Salad ... 87
Salad Dressing ... 75
Samp ... 42
Sandwiches ... 88, 103
Scones ... 58
Scrapple ... 32, 33
Shortcake ... 102
Slappers ... 56
Soufflé ... 90
Soup ... 76, 78
Soup Sticks ... 60
Succotash ... 78, 80
Tapioca ... 100
Tutti Frutti ... 105
Vegetarian Roast ... 34
Waffles ... 69, 70, 82

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